



Easy Crustless Zucchini Quiche

READY IN



65 min.

SERVINGS



8

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup biscuit baking mix bisquick® such as
- ☐ 2 tablespoons bread crumbs dry
- ☐ 4 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 small onion minced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup vegetable oil
- ☐ 3 cups zucchini shredded

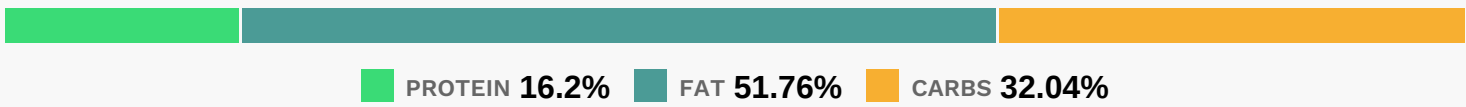
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9-inch pie plate with cooking spray and coat with bread crumbs.
- ☐ Mix eggs, zucchini, biscuit mix, onion, Cheddar cheese, vegetable oil, parsley, Parmesan cheese, garlic, oregano, salt, and black pepper in a large bowl until well blended.
- ☐ Pour mixture into prepared baking dish.
- ☐ Bake in preheated oven until golden brown and eggs are set, 45 minutes to 1 hour. Allow quiche to cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:9.1243479251862%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 178.33kcal (8.92%), Fat: 10.3g (15.84%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.17g (4.79%), Sugar: 3.57g (3.97%), Cholesterol: 100.91mg (33.64%), Sodium: 452.42mg (19.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 25.83µg (24.6%), Phosphorus: 199.43mg (19.94%), Selenium: 11.85µg (16.93%), Vitamin B2: 0.27mg (15.97%), Vitamin C: 10.47mg (12.69%), Folate: 49.37µg (12.34%), Calcium: 115.03mg (11.5%), Manganese: 0.21mg (10.31%), Vitamin B1: 0.15mg (9.97%), Vitamin A: 392.03IU (7.84%), Vitamin B6: 0.16mg (7.79%), Iron: 1.31mg (7.26%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.37µg (6.22%), Potassium: 214.89mg (6.14%), Zinc: 0.92mg (6.13%), Vitamin B3: 1.11mg (5.56%), Magnesium: 20.34mg (5.09%), Fiber: 1.17g (4.67%), Vitamin E: 0.65mg (4.35%), Copper: 0.08mg (4.16%), Vitamin D: 0.55µg (3.64%)