

Easy Mini Quiche

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 pinch pepper black
- ☐ 12 slices bread
- ☐ 1 teaspoon mustard dry
- ☐ 4 eggs
- ☐ 1 cup milk
- ☐ 1 onion grated
- ☐ 0.5 cup swiss cheese shredded

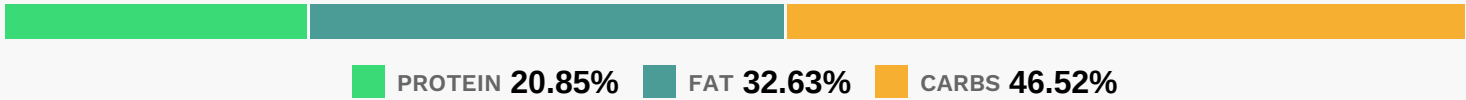
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 muffin tins.
- ☐ Trim or cut bread into circles.
- ☐ Place circles in bottom of muffin tins. Distribute the onion and shredded cheese evenly between the muffin tins.
- ☐ In a medium bowl, combine milk, eggs, mustard and pepper. Divide between the muffin tins.
- ☐ Bake in preheated oven for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:7.71, Inflammation Score:-2, Nutrition Score:6.6434782950774%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 132.11kcal (6.61%), Fat: 4.78g (7.35%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.03g (5.1%), Sugar: 3.04g (3.37%), Cholesterol: 61.19mg (20.4%), Sodium: 169.71mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Selenium: 14.7µg (21%), Manganese: 0.36mg (17.79%), Phosphorus: 115.58mg (11.56%), Calcium: 110.86mg (11.09%), Vitamin B2: 0.18mg (10.72%), Vitamin B1: 0.14mg (9.23%), Folate: 33.11µg (8.28%), Vitamin B3: 1.62mg (8.09%), Iron: 1.31mg (7.26%), Vitamin B12: 0.38µg (6.27%), Vitamin B5: 0.56mg (5.62%), Zinc: 0.79mg (5.24%), Fiber: 1.3g (5.19%), Magnesium: 18.71mg (4.68%), Vitamin B6: 0.08mg (4.16%), Vitamin D: 0.52µg (3.45%), Potassium: 108.14mg (3.09%), Vitamin A: 150.33IU (3.01%), Copper: 0.06mg (2.95%), Vitamin E: 0.25mg (1.7%), Vitamin K: 1.6µg (1.52%)