

Easy Quiche

 Popular

READY IN



60 min.

SERVINGS



10

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 cup biscuit baking mix
- ☐ 10 ounce broccoli frozen thawed drained chopped
- ☐ 0.3 cup butter softened
- ☐ 1 cup ham cubed cooked
- ☐ 4 eggs
- ☐ 2 cups milk
- ☐ 1 cup parmesan cheese grated
- ☐ 8 ounces cheddar cheese shredded

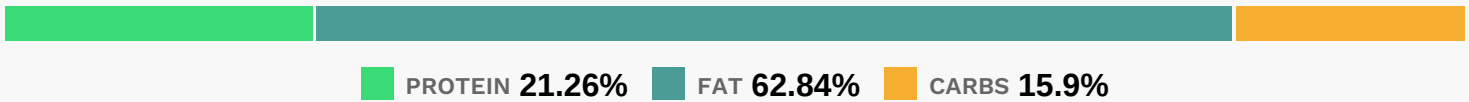
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 10 inch quiche dish.
- ☐ In a large bowl, beat together milk, eggs, baking mix, butter and parmesan cheese. Batter will be lumpy. Stir in broccoli, ham and Cheddar cheese.
- ☐ Pour into prepared quiche dish.
- ☐ Bake in preheated oven for 50 minutes, until eggs are set and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:14.027825977491%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 20.7g (31.85%), Saturated Fat: 10.86g (67.88%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.86g (3.95%), Sugar: 4.03g (4.48%), Cholesterol: 123.34mg (41.11%), Sodium: 658.06mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Phosphorus: 357.13mg (35.71%), Calcium: 350.1mg (35.01%), Vitamin C: 27.95mg (33.88%), Vitamin K: 30.81µg (29.35%), Selenium: 19.93µg (28.47%), Vitamin B2: 0.38mg (22.57%), Vitamin B12: 1µg (16.66%), Vitamin A: 806.64IU (16.13%), Zinc: 2.12mg (14.13%), Vitamin B1: 0.18mg (11.71%), Folate: 43.25µg (10.81%), Vitamin B5: 0.92mg (9.25%), Vitamin B6: 0.17mg (8.45%), Potassium: 270.72mg (7.73%), Vitamin D: 1.07µg (7.17%), Magnesium: 28.28mg (7.07%), Manganese: 0.11mg (5.65%), Vitamin B3: 1.08mg (5.39%), Vitamin E: 0.79mg (5.3%), Iron: 0.94mg (5.24%), Fiber: 0.93g (3.7%), Copper: 0.07mg (3.26%)