



WHATSheATE



## Fava Leaf and Parsley Quiche

READY IN



210 min.

SERVINGS



8

CALORIES



771 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 8 servings custard sauce
- ☐ 5 large eggs
- ☐ 1 cup flat-leaf parsley leaves
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 1.8 cups heavy cream
- ☐ 1.8 cups milk
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 8 servings crust

- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 teaspoon sea salt fine
- ☐ 6 ounces spinach leaves
- ☐ 0.8 cup butter fresh unsalted homemade cold store-bought cut into small cubes ( Butter)
- ☐ 1.5 cups flour whole-wheat

## Equipment

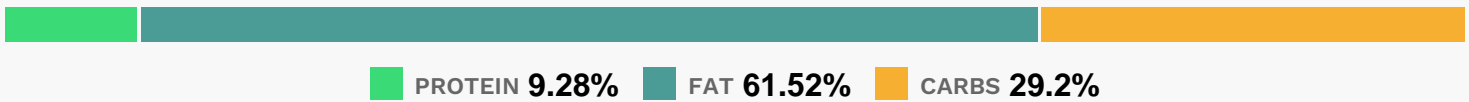
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ pie form

## Directions

- ☐ Make crust: Whirl 1 1/2 cups flour and the salt in a food processor to blend.
- ☐ Add butter; pulse until mixture looks like cornmeal.
- ☐ Add 1/4 cup ice water; pulse again until dough comes together, 30 seconds. Press dough into a disk, wrap in plastic wrap, and chill at least 1 hour and up to 1 day.
- ☐ Unwrap dough and let warm up 15 minutes. With a floured rolling pin, roll into a 12-in. round. Press round onto bottom and up sides of a 10-in. deep-dish pie pan. Fold under the crust overhang on pan rim; crimp edge. Chill 30 minutes. Put oven rack on lowest rung. Preheat oven to 32
- ☐ Line crust with parchment paper and fill with pie weights or dried beans.
- ☐ Bake crust 25 minutes; remove weights and parchment and bake until crust is slightly browned, about 10 minutes more.

- ☐ Remove crust from oven and set on a rimmed baking sheet. Raise oven temperature to 37
- ☐ Make filling: In a large frying pan, heat oil over medium heat.
- ☐ Add garlic, fava leaves, green onions, parsley, and salt and cook, stirring often, until leaves are wilted, about 4 minutes. Chop mixture coarsely, then arrange over bottom of warm crust.
- ☐ Heat milk and cream in a large heavy-bottomed saucepan over high heat until mixture begins to simmer.
- ☐ Remove from heat. Put eggs in a blender with half of hot milk mixture and whirl for a few seconds. Whirl in salt and remaining milk mixture.
- ☐ Pour custard into crust, being careful to keep greens evenly distributed.
- ☐ Bake quiche until slightly browned around edges and beginning to puff in center, 25 minutes.
- ☐ Let cool until warm or room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.08, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:31.462608669115%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 770.55kcal (38.53%), Fat: 53.63g (82.51%), Saturated Fat: 29.74g (185.85%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 53.51g (19.46%), Sugar: 11.36g (12.62%), Cholesterol: 299.15mg (99.72%), Sodium: 744.66mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.4%), Vitamin K: 240.6µg (229.15%), Vitamin A: 4478.36IU (89.57%), Manganese: 1.25mg (62.55%), Selenium: 36.28µg (51.84%), Phosphorus: 447.18mg (44.72%), Vitamin B2: 0.76mg (44.5%), Calcium: 366mg (36.6%), Folate: 110.21µg (27.55%), Vitamin D: 4.06µg (27.04%), Vitamin B12: 1.42µg (23.65%), Magnesium: 92.33mg (23.08%), Vitamin B1: 0.34mg (22.51%), Potassium: 745.96mg (21.31%), Vitamin C: 17.36mg (21.04%), Vitamin B5: 2.09mg (20.92%), Iron: 3.57mg (19.82%), Vitamin B6: 0.35mg (17.74%), Zinc: 2.38mg (15.88%), Vitamin E: 2.32mg (15.5%), Fiber: 3.77g (15.1%), Vitamin B3: 2.27mg (11.37%), Copper: 0.23mg (11.35%)