



Four-Meals-in-One Quiche

READY IN



45 min.

SERVINGS



4

CALORIES



538 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 ounces broccoli florets steamed cut into 2-inch pieces),
- ☐ 0.3 cup olives black pitted rinsed roughly chopped (14)
- ☐ 0.1 teaspoon pepper black
- ☐ 3 ounces finely-chopped ham diced cooked
- ☐ 3 large eggs
- ☐ 4 ounces gruyere cheese grated
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 pie crust dough refrigerated store-bought

☐ 0.5 cup milk whole

Equipment

☐ bowl

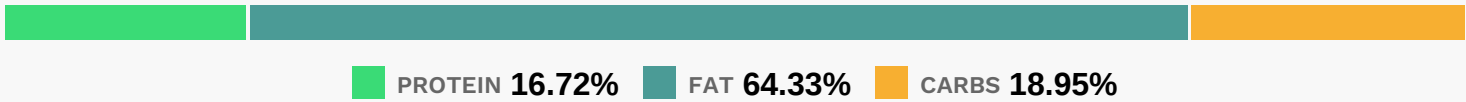
☐ oven

☐ whisk

Directions

- ☐ Heat oven to 425 F.
- ☐ In a large bowl, whisk together the eggs, milk, cream, salt, and pepper.
- ☐ Prick the bottom of the piecrust several times with a fork.
- ☐ Sprinkle with the Gruyre. Distribute the olives, broccoli or asparagus, and ham into 4 quadrants according to the preferences of each family member. (Or simply place all the ingredients together on the crust.)
- ☐ Pour the egg mixture into the piecrust.
- ☐ Bake for 15 minutes. Reduce temperature to 350 F and bake for 30 minutes more.
- ☐ Transfer to a rack to cool for 15 minutes.
- ☐ Cut into 8 wedges and serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:18.870869553607%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg 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: 538.09kcal (26.9%), Fat: 38.54g (59.29%), Saturated Fat: 17.98g (112.35%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 23.46g (8.53%), Sugar: 3.1g (3.45%), Cholesterol: 223.48mg (74.49%), Sodium:

1417.05mg (61.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.07%), Phosphorus: 405.66mg (40.57%), Calcium: 392.18mg (39.22%), Vitamin C: 30.42mg (36.87%), Selenium: 24.52µg (35.02%), Vitamin K: 34.16µg (32.53%), Vitamin B2: 0.51mg (29.72%), Vitamin A: 1168.53IU (23.37%), Vitamin B12: 1.3µg (21.66%), Vitamin B1: 0.31mg (20.44%), Folate: 70.16µg (17.54%), Zinc: 2.57mg (17.15%), Vitamin B5: 1.45mg (14.47%), Manganese: 0.28mg (14.18%), Iron: 2.28mg (12.66%), Vitamin B6: 0.24mg (12.19%), Vitamin D: 1.73µg (11.54%), Vitamin B3: 2.21mg (11.07%), Vitamin E: 1.5mg (10.01%), Potassium: 343.78mg (9.82%), Magnesium: 38.29mg (9.57%), Fiber: 2.09g (8.38%), Copper: 0.12mg (6.05%)