

Garbage Quiche

READY IN



75 min.

SERVINGS



16

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 10 slices bacon
- 1 small head broccoli fresh diced
- 1 pinch cayenne pepper
- 5 eggs beaten
- 4 green onions
- 0.1 teaspoon ground nutmeg
- 8 ounces gruyère cheese shredded
- 2 cups half-and-half
- 2 9-inch pie crusts ()

- 2 roma tomatoes chopped (plum)
- 16 servings salt and pepper to taste

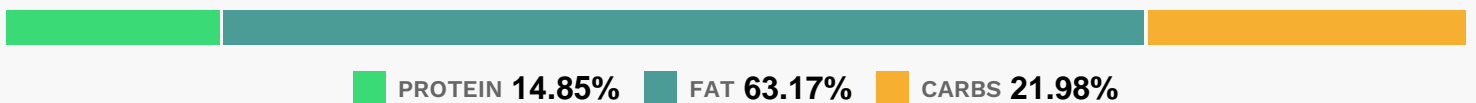
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Evenly distribute bacon across bottom of each pastry shell, followed by half of cheese.
- Add broccoli, scallions, and tomatoes, then cover with remaining cheese.
- In a medium bowl, whisk together eggs, half-and-half, nutmeg, cayenne, salt, and pepper.
- Pour half of mixture into each pastry shell.
- Bake in preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C) and bake an additional 45 minutes, until quiches are set in center.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:12.738695538562%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 304.8kcal (15.24%), Fat: 21.51g (33.09%), Saturated Fat: 9.15g (57.22%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 15.05g (5.47%), Sugar: 2.28g (2.53%), Cholesterol: 86.4mg (28.8%), Sodium: 539.66mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Vitamin K: 48.23µg (45.93%), Vitamin C: 35.8mg (43.39%), Calcium: 209.62mg (20.96%), Phosphorus: 207.62mg (20.76%), Selenium: 12.4µg (17.72%), Vitamin B2: 0.26mg (15.48%), Folate: 53.33µg (13.33%), Vitamin A: 654.87IU (13.1%), Vitamin B1: 0.16mg (10.76%), Manganese: 0.21mg (10.65%), Zinc: 1.3mg (8.7%), Vitamin B6: 0.17mg (8.69%), Vitamin B3: 1.59mg (7.96%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.78mg (7.82%), Potassium: 268.81mg (7.68%), Iron: 1.33mg (7.4%), Fiber: 1.79g (7.16%), Magnesium: 24.65mg (6.16%), Vitamin E: 0.79mg (5.27%), Copper: 0.07mg (3.38%), Vitamin D: 0.41µg (2.77%)