



Garden Vegetable Crustless Quiche

READY IN



45 min.

SERVINGS



10

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 ounces cheddar cheese shredded divided reduced-fat
- ☐ 16 ounce nonfat cottage cheese fat-free
- ☐ 1.5 cups egg substitute
- ☐ 3 large eggs
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 cup bell pepper green finely chopped (1)
- ☐ 0.5 cup milk 1% low-fat

- ☐ 6 ounces monterrey jack cheese shredded divided reduced-fat
- ☐ 8 ounce mushrooms
- ☐ 2 cups potatoes diced with onion (such as simply potatoes)
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes thinly sliced
- ☐ 4 cups zucchini sliced (4)

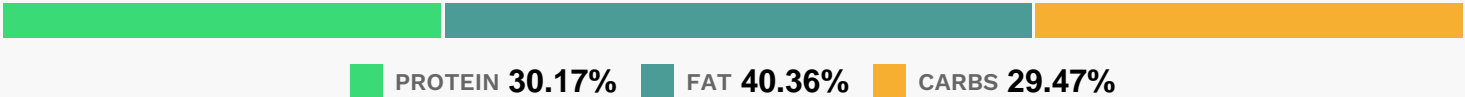
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 40
- ☐ Beat egg substitute and eggs in a large bowl until fluffy.
- ☐ Add 3/4 cup cheddar cheese, 3/4 cup Jack cheese, milk, flour, baking powder, salt, and cottage cheese.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add zucchini and the next 3 ingredients (through mushrooms); saut for 5 minutes or until tender.
- ☐ Add the zucchini mixture and parsley to egg mixture.
- ☐ Pour mixture into a 3-quart casserole dish coated with cooking spray. Top with the remaining 3/4 cup cheddar cheese and 3/4 cup Jack cheese. Arrange tomato slices over cheese.
- ☐ Bake at 400 for 15 minutes. Reduce oven temperature to 350 (do not remove dish from oven), and bake for 35 minutes or until lightly browned and set.
- ☐ Note: Substitute corn or spinach for some of the vegetables, if you wish.
- ☐ Wine note: Because of its eggy, custardy character, quiche is excellent with chardonnay. But this version goes in a "greener" direction, incorporating lots of zucchini, bell pepper, and parsley. So serve it with sauvignon blanc, a wine that has a touch of green flavor. Try the Honig

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:9.78, Inflammation Score:-8, Nutrition Score:21.649130468783%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 286.99kcal (14.35%), Fat: 13.04g (20.06%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 18.96g (6.89%), Sugar: 5.41g (6.01%), Cholesterol: 91.71mg (30.57%), Sodium: 649.36mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.87%), Vitamin K: 56.16µg (53.48%), Selenium: 35.77µg (51.09%), Vitamin C: 37.15mg (45.03%), Phosphorus: 395.95mg (39.6%), Vitamin B2: 0.66mg (38.97%), Calcium: 381.99mg (38.2%), Vitamin A: 1102.81IU (22.06%), Vitamin B6: 0.4mg (19.99%), Potassium: 691.48mg (19.76%), Vitamin B5: 1.82mg (18.2%), Folate: 67.65µg (16.91%), Zinc: 2.48mg (16.54%), Vitamin B1: 0.22mg (14.56%), Vitamin B12: 0.87µg (14.45%), Manganese: 0.28mg (13.89%), Iron: 2.46mg (13.68%), Magnesium: 50.63mg (12.66%), Vitamin B3: 2.28mg (11.42%), Copper: 0.23mg (11.27%), Fiber: 2.47g (9.87%), Vitamin D: 1.26µg (8.37%), Vitamin E: 1.19mg (7.93%)