



## Gluten-Free Broccoli Ham Quiche

READY IN



100 min.

SERVINGS



8

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 16 oz flour gluten free
- 1 teaspoon xanthan gum
- 0.5 teaspoon salt
- 6 tablespoons butter cold cut in small pieces
- 1 egg yolk
- 1 tablespoon apple cider vinegar
- 5 tablespoons water cold
- 4 eggs
- 0.5 teaspoon salt

- 0.3 teaspoon ground pepper red (cayenne)
- 1 cup broccoli frozen thawed chopped ( )
- 4 oz cheddar cheese shredded
- 0.8 cup ham gluten-free fully cooked
- 0.5 cup onion finely chopped
- 1 cup frangelico

## Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- aluminum foil
- measuring cup

## Directions

- In food processor, place flour blend, xanthan gum and salt. Cover; process until combined.
- Add butter; pulse 3 to 5 times or until mixture looks like coarse crumbs.
- In 1-cup measuring cup, beat 1 egg yolk, cider vinegar and 3 tablespoons cold water with fork. With food processor running, quickly pour egg mixture through feed tube, and process a few seconds until dough begins to come together. (
- Add additional water if necessary.)
- Remove dough; shape into flattened disk.
- Heat oven to 450°F. On 12-inch square of cooking parchment paper lightly sprinkled with flour blend, roll dough into 11-inch circle. Carefully center ungreased 9-inch pie plate over circle. Turn crust and pie plate over to place crust into pie plate.

- Remove paper. Ease crust into pan, repairing any tears with wet fingers. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Do not prick. Line crust with double thickness of foil.
- Bake 8 minutes; remove foil.
- Bake 4 to 5 minutes longer or until pastry is set and dry. Reduce oven temperature to 325°F.
- For Filling, in medium bowl, beat eggs lightly with whisk or hand beater. Beat in half-and-half, salt and red pepper.
- Sprinkle broccoli, cheese, ham and onion in partially-baked crust.
- Pour egg mixture evenly over broccoli mixture.
- Bake 45 to 50 minutes or until knife inserted near center comes out clean. If necessary, cover edge of crust with foil to prevent overbrowning.
- Let stand 10 minutes before serving.

## Nutrition Facts



**PROTEIN 15.05%**   **FAT 40.8%**   **CARBS 44.15%**

## Properties

Glycemic Index:35.38, Glycemic Load:31.76, Inflammation Score:-6, Nutrition Score:15.501304419144%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

## Nutrients (% of daily need)

Calories: 419.68kcal (20.98%), Fat: 18.84g (28.99%), Saturated Fat: 9.91g (61.96%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 43.57g (15.84%), Sugar: 0.93g (1.03%), Cholesterol: 151.03mg (50.34%), Sodium: 655.59mg (28.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Selenium: 34.66µg (49.52%), Vitamin B1: 0.55mg (36.93%), Folate: 129.97µg (32.49%), Vitamin B2: 0.5mg (29.63%), Phosphorus: 220.59mg (22.06%), Manganese: 0.44mg (22%), Vitamin B3: 4.05mg (20.25%), Iron: 3.33mg (18.49%), Calcium: 135.54mg (13.55%), Vitamin A: 650.41IU (13.01%), Vitamin C: 10.6mg (12.85%), Vitamin K: 12.64µg (12.04%), Zinc: 1.63mg (10.88%), Fiber: 2.29g (9.17%), Vitamin B5: 0.86mg (8.58%), Vitamin B12: 0.49µg (8.2%), Vitamin B6: 0.16mg (8.15%), Magnesium: 25.36mg (6.34%), Copper: 0.13mg (6.31%), Potassium: 197.71mg (5.65%), Vitamin E: 0.83mg (5.51%), Vitamin D: 0.74µg (4.92%)