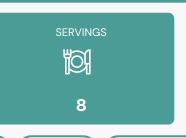


# Gluten-Free Broccoli Ham Quiche







MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## **Ingredients**

0.5 teaspoon salt

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

	0.3 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
Εq	uipment
	food processor
	bowl
	frying pan
	baking paper
	oven
	knife
	whisk
	aluminum foil
	measuring cup
Di	rections
	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: 0.01mg, Myricetin: 0.01mg, Myrice

### 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: Og (100%), Alcohol %: O% (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%)