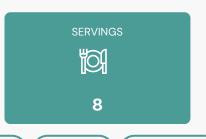
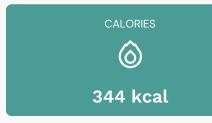


Gluten-Free Broccoli Ham Quiche

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

1 cup broccoli frozen thawed chopped ()
6 tablespoons butter cold cut in small pieces
1 tablespoon apple cider vinegar
1 egg yolk
4 eggs
O.3 teaspoon ground pepper red (cayenne)
1 cup half and half

0.8 cup ham gluten-free fully cooked

	0.5 cup onion finely chopped
	1.3 cups rice flour gluten free all-purpose
	0.5 teaspoon salt
	4 oz cheddar cheese gluten-free shredded
	5 tablespoons water cold
	1 teaspoon xanthan gum
Eq	uipment
	food processor
	bowl
	frying pan
	baking paper
	oven
	knife
	whisk
	aluminum foil
	measuring cup
Diı	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 450F. 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 325F.	
	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	
	DECTEIN 14 22% FAT 57 03% CAPRS 27 85%	

Properties

Glycemic Index:34.5, Glycemic Load:13.67, Inflammation Score:-5, Nutrition Score:10.595652144888%

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: 344.43kcal (17.22%), Fat: 22.12g (34.03%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 22.57g (8.21%), Sugar: 2.05g (2.28%), Cholesterol: 161.61mg (53.87%), Sodium: 527.57mg (22.94%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.21g (24.43%), Selenium: 20.19µg (28.84%), Phosphorus: 212.59mg (21.26%), Manganese: 0.35mg (17.66%), Vitamin B2: 0.29mg (16.92%), Calcium: 161.81mg (16.18%), Vitamin A: 757.49IU (15.15%), Vitamin C: 10.87mg (13.18%), Vitamin B6: 0.26mg (13.11%), Vitamin K: 12.86µg (12.25%), Zinc: 1.55mg (10.36%), Vitamin B1: 0.15mg (10.16%), Vitamin B12: 0.55µg (9.15%), Vitamin B5: 0.9mg (9.02%), Folate: 28.11µg (7.03%), Vitamin B3: 1.38mg (6.91%), Magnesium: 24.65mg (6.16%), Vitamin E: 0.9mg (5.97%), Potassium: 195.94mg (5.6%), Fiber: 1.36g (5.45%), Vitamin D: 0.74µg (4.92%), Iron: 0.8mg (4.44%), Copper: 0.08mg (3.98%)