



## Gluten-Free Broccoli Ham Quiche

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



344 kcal

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
- 0.3 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

## 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 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



**PROTEIN 14.22%**

**FAT 57.93%**

**CARBS 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: 0.93mg 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: 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: 0g (100%), Alcohol %: 0% (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%)