



Grilled Asparagus And Feta Quiche

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 servings arugula fresh
- 8 servings asparagus
- 8 servings eggs
- 8 servings feta cheese crumbled
- 8 servings flour all-purpose
- 8 servings granulated sugar
- 8 servings pepper black
- 8 servings cup heavy whipping cream

- 8 servings water
- 8 servings salt
- 8 servings butter unsalted
- 8 servings milk whole

Equipment

- frying pan
- oven
- blender
- aluminum foil
- stand mixer
- rolling pin

Directions

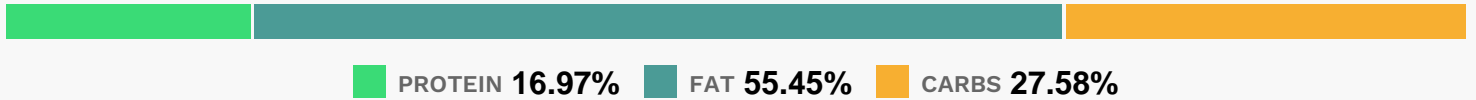
- Place flour, salt and sugar into the stand mixer with the paddle attachment.
- Mix on low.
- Add the butter into the dry ingredients and mix for 30 seconds. Take the ice out of the water. While the mixer is running on low, slowly pour the water into the dry ingredients until all the mixture has come together. All of the water may not be needed. Turn the mixer up to medium and mix for 15 seconds. Take the dough out of the mixer and place it on a lightly floured surface. Knead the ball of dough until it is one solid piece. With a rolling pin, roll the dough out to 1/4-inch thick. Try to keep the dough in a circle shape and make sure that it is large enough to put in the quiche pan. Once it is rolled out, place the dough in the spring form pan and press it to the sides and the bottom of the pan. Make sure not to stretch the dough to thin or poke holes in it. Trim the top of the dough even with the top of the pan and use any scraps to fill in holes that were made.
- Remove the quiche shell from the freezer and place all ingredients into the shell. Gently pour the quiche custard into the shell until it is about 3/4-inch from the top of the dough. Do not over fill or it will overflow during baking. Cover the top of the quiche with aluminum foil. When doing this, pinch the center of the foil and create a "tent" with the foil so that it is raised in the center and will not touch the custard as it rises.

Place the quiche on a cookie tray, with a rim, and bake it in a 375 degree oven for about 2 hours. To check for doneness, gently shake the quiche. The center of the quiche should only move a little bit. If it jiggles too much, put it back in the oven, uncovered, and check it every 5-10 minutes. Once finished, let cool for 30 minutes. It can then be removed from the pan, cut and served. More quiche recipes on Food Republic: [The Full English Breakfast Quiche Recipe](#)

[Pancetta And Cilantro Quiche Recipe](#)

[Wild Mushroom, Watercress And Blue Cheese Tart Recipe](#)

Nutrition Facts



Properties

Glycemic Index: 38.26, Glycemic Load: 17.25, Inflammation Score: -7, Nutrition Score: 19.096521652263%

Flavonoids

Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 452.12kcal (22.61%), Fat: 28.1g (43.22%), Saturated Fat: 15.95g (99.66%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 31.04g (11.29%), Sugar: 24.56g (27.29%), Cholesterol: 247.36mg (82.45%), Sodium: 710.43mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Vitamin B2: 0.87mg (51.2%), Calcium: 508.91mg (50.89%), Phosphorus: 458.54mg (45.85%), Vitamin B12: 2.25µg (37.48%), Selenium: 25.82µg (36.88%), Vitamin A: 1350.34IU (27.01%), Vitamin D: 4µg (26.66%), Vitamin B5: 2mg (19.99%), Vitamin B6: 0.37mg (18.4%), Vitamin B1: 0.27mg (17.9%), Zinc: 2.6mg (17.36%), Potassium: 509.32mg (14.55%), Folate: 54.99µg (13.75%), Vitamin K: 13.74µg (13.08%), Magnesium: 50.44mg (12.61%), Iron: 1.51mg (8.41%), Manganese: 0.13mg (6.47%), Vitamin E: 0.95mg (6.35%), Vitamin B3: 1.08mg (5.41%), Copper: 0.11mg (5.33%), Vitamin C: 1.65mg (2%), Fiber: 0.41g (1.64%)