



Ham and Broccoli Quiche

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup broccoli florets frozen thawed drained well
- ☐ 1.5 cups ham cubed cooked
- ☐ 4 eggs
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 pie crust refrigerated softened pillsbury®
- ☐ 0.5 teaspoon salt

☐ 1.5 cups swiss cheese shredded

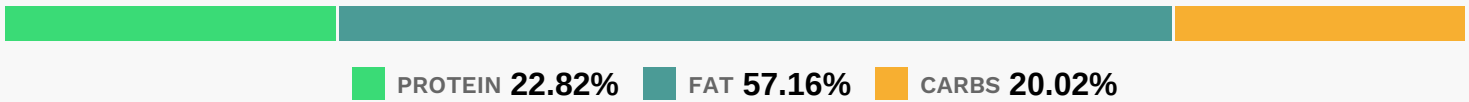
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Place pie crust in 9-inch glass pie pan as directed on box for One-Crust Filled Pie.
- ☐ Layer ham, cheese and broccoli in crust-lined pan. In medium bowl, beat eggs and milk with fork. Stir in remaining ingredients.
- ☐ Pour over broccoli.
- ☐ Bake 35 to 45 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:15.087391189907%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 350.45kcal (17.52%), Fat: 22.12g (34.03%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 16.27g (5.92%), Sugar: 2.33g (2.59%), Cholesterol: 159.73mg (53.24%), Sodium: 748.08mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Selenium: 25.85µg (36.93%),

Phosphorus: 368.68mg (36.87%), Calcium: 322.26mg (32.23%), Vitamin B12: 1.69µg (28.24%), Vitamin C: 20.12mg (24.39%), Vitamin B2: 0.41mg (23.87%), Vitamin B1: 0.28mg (18.49%), Vitamin K: 18.41µg (17.53%), Zinc: 2.56mg (17.05%), Folate: 46.75µg (11.69%), Vitamin B5: 1.17mg (11.69%), Vitamin A: 544.11IU (10.88%), Vitamin B6: 0.21mg (10.39%), Manganese: 0.21mg (10.37%), Vitamin B3: 1.96mg (9.78%), Iron: 1.67mg (9.27%), Potassium: 278.93mg (7.97%), Magnesium: 31.58mg (7.9%), Vitamin D: 1.03µg (6.89%), Vitamin E: 0.75mg (4.99%), Copper: 0.1mg (4.93%), Fiber: 1.17g (4.66%)