



## Ham and Cheese Quiche

READY IN



55 min.

SERVINGS



6

CALORIES



1252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 cup colby and monterey jack cheese blend shredded kraft (recommended: )
- 1 tablespoon rosemary dried
- 3 eggs
- 1 cup ham cubed
- 1 cup milk
- 8 premade pie shell in foil pan
- 2 potatoes red cubed
- 1 teaspoon penzey's southwest seasoning all-purpose (recommended: McCormick)

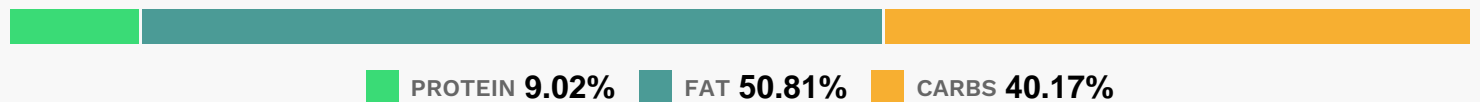
## Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- microwave

## Directions

- Preheat oven to 400 degrees F.
- Place potatoes and rosemary in a microwaveable dish. Cover with a damp paper towel and microwave for 2 minutes, until almost cooked through.
- Cover the bottom of the premade pie shell with potatoes, ham, and cheese.
- Place on a cookie sheet and set aside.
- In a medium bowl, whisk together eggs, milk, and seasoning and pour into the pie shell.
- Place quiche into preheated oven for 35 to 40 minutes or until eggs have set.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:24.59913029878%

## Flavonoids

Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 1251.74kcal (62.59%), Fat: 70.41g (108.32%), Saturated Fat: 24.44g (152.78%), Carbohydrates: 125.24g (41.75%), Net Carbohydrates: 117.87g (42.86%), Sugar: 3.44g (3.82%), Cholesterol: 117.8mg (39.27%), Sodium: 1367.47mg (59.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Manganese: 1.16mg (57.98%), Vitamin B1: 0.72mg (47.93%), Folate: 188.72µg (47.18%), Iron: 7.49mg (41.59%), Phosphorus: 393.13mg

(39.31%), Vitamin B2: 0.65mg (38.37%), Vitamin B3: 7.06mg (35.28%), Selenium: 24.04µg (34.35%), Fiber: 7.36g (29.46%), Calcium: 280.59mg (28.06%), Vitamin K: 24.49µg (23.33%), Potassium: 675.75mg (19.31%), Vitamin B5: 1.66mg (16.59%), Magnesium: 65.81mg (16.45%), Vitamin B6: 0.33mg (16.4%), Zinc: 2.41mg (16.09%), Copper: 0.3mg (14.88%), Vitamin E: 1.51mg (10.08%), Vitamin B12: 0.6µg (9.97%), Vitamin A: 435IU (8.7%), Vitamin C: 6.33mg (7.67%), Vitamin D: 1.02µg (6.8%)