



Ham and Cheese Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 7 ounce breadstick dough refrigerated canned
- ☐ 0.5 cup egg substitute
- ☐ 1 cup evaporated milk
- ☐ 0.3 pound chicken broth chopped reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 3 ounces swiss cheese grated

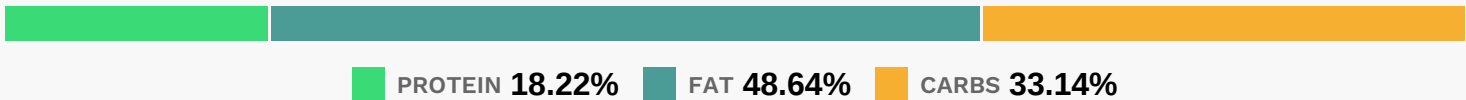
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Unroll dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern.
- ☐ Add second strip of dough to the end of the first strip, pinching ends together to seal; continue coiling dough. Repeat procedure with remaining dough strips. Cover dough with a towel; let rest 20 minutes.
- ☐ Roll dough into a 13-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.
- ☐ Sprinkle cheese over bottom of crust; set aside.
- ☐ Preheat oven to 37
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Add ham, onion, salt, and pepper; cook 4 minutes. Arrange ham mixture over cheese.
- ☐ Combine milk and egg substitute; stir well with a whisk.
- ☐ Pour over ham mixture.
- ☐ Bake at 375 for 45 minutes or until a knife inserted in center comes out clean; let stand 10 minutes.
- ☐ Garnish with cherry tomatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.5047826481902%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 237.63kcal (11.88%), Fat: 13.06g (20.09%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.18g (6.97%), Sugar: 6.99g (7.77%), Cholesterol: 25.36mg (8.45%), Sodium: 486.69mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Calcium: 254.41mg (25.44%), Selenium: 13.56µg (19.37%), Phosphorus: 190.63mg (19.06%), Vitamin B2: 0.26mg (15.42%), Vitamin B12: 0.58µg (9.7%), Zinc: 1.18mg (7.87%), Vitamin B5: 0.68mg (6.78%), Potassium: 216.21mg (6.18%), Vitamin A: 263.53IU (5.27%), Magnesium: 19.35mg (4.84%), Vitamin B6: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.43%), Fiber: 0.83g (3.33%), Vitamin E: 0.47mg (3.16%), Iron: 0.57mg (3.15%), Folate: 10.38µg (2.59%), Vitamin D: 0.36µg (2.41%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.39mg (1.96%), Copper: 0.03mg (1.66%), Manganese: 0.03mg (1.35%)