



## Ham and Sweet Onion Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 deep dish pie crust frozen pillsbury®
- 1 cup seasoning cubes diced
- 3 eggs
- 1 cup half and half
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 cup onion sweet coarsely chopped
- 4 oz swiss cheese shredded
- 2 teaspoons vegetable oil

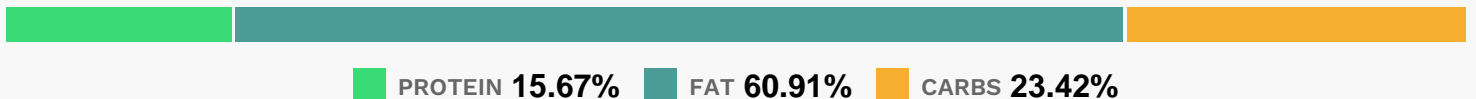
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk

## Directions

- Place cookie sheet on oven rack.
- Heat oven to 375°F.
- Let 1 crust thaw 10 to 20 minutes. Prick bottom and around side thoroughly with fork.
- Bake on cookie sheet 9 to 11 minutes or until very light golden brown.
- Meanwhile, in 10-inch nonstick skillet, heat oil.
- Add onion; cook 4 to 6 minutes, stirring frequently, until soft and beginning to brown.
- Sprinkle ham, cheese and onion into partially baked crust. In medium bowl, beat half-and-half, eggs, salt and pepper with whisk until blended.
- Pour into crust.
- Bake on cookie sheet 25 to 30 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes before serving. Cover and refrigerate any remaining quiche.

## Nutrition Facts



## Properties

Glycemic Index:9.83, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:9.2473913690318%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 377.11kcal (18.86%), Fat: 25.62g (39.41%), Saturated Fat: 10.26g (64.09%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 21.39g (7.78%), Sugar: 3.42g (3.8%), Cholesterol: 123.71mg (41.24%), Sodium: 570.49mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.65%), Calcium: 236.8mg (23.68%), Phosphorus: 223.24mg (22.32%), Selenium: 15.56µg (22.23%), Vitamin B2: 0.3mg (17.37%), Vitamin B12: 0.84µg (14.05%), Folate: 48.39µg (12.1%), Manganese: 0.21mg (10.63%), Zinc: 1.48mg (9.84%), Vitamin K: 9.41µg (8.96%), Vitamin A: 418.94IU (8.38%), Iron: 1.48mg (8.21%), Vitamin B1: 0.12mg (7.96%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 1.04mg (6.94%), Vitamin B6: 0.12mg (6.16%), Magnesium: 21.03mg (5.26%), Vitamin B3: 1.05mg (5.25%), Potassium: 163.6mg (4.67%), Copper: 0.07mg (3.68%), Fiber: 0.78g (3.11%), Vitamin D: 0.44µg (2.93%), Vitamin C: 1.64mg (1.99%)