



## Ham and Tomato Quiche

READY IN



60 min.

SERVINGS



6

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 6 oz finely-chopped ham cooked finely chopped
- 3 eggs
- 2 tablespoons flour all-purpose
- 3 tablespoons spring onion chopped (3 medium)
- 0.8 cup milk
- 0.3 cup parmesan cheese grated
- 1 box pie crust dough refrigerated softened
- 4 oz cheddar cheese shredded
- 1 medium tomatoes seeded cut into thin strips cut in half, and

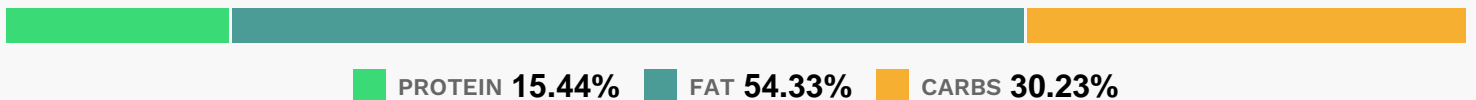
## Equipment

- bowl
- oven
- knife
- whisk
- wooden spoon
- aluminum foil

## Directions

- Heat oven to 400F.
- Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie. DO NOT PRICK CRUST.
- Bake 8 to 10 minutes or just until edge begins to brown (if crust puffs up in center, gently push down with back of wooden spoon).
- Meanwhile, in medium bowl, beat eggs, milk, flour and Parmesan cheese with wire whisk until well blended.
- Layer ham, tomato, onions and Cheddar cheese in partially baked crust.
- Pour egg mixture over layers.
- Cover crust edge with strips of foil to prevent excessive browning; bake 25 to 35 minutes or until golden brown and knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:2.3, Inflammation Score:-5, Nutrition Score:14.902608705604%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 505.07kcal (25.25%), Fat: 30.27g (46.57%), Saturated Fat: 11.46g (71.64%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 35.84g (13.03%), Sugar: 2.23g (2.48%), Cholesterol: 128.72mg (42.91%), Sodium: 841.01mg (36.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.7%), Selenium: 24.42µg (34.88%), Phosphorus: 326.85mg (32.69%), Vitamin B1: 0.39mg (26.33%), Vitamin B2: 0.44mg (25.87%), Calcium: 239.24mg (23.92%), Manganese: 0.37mg (18.3%), Folate: 71.65µg (17.91%), Vitamin B12: 1.02µg (16.95%), Vitamin B3: 3.15mg (15.77%), Zinc: 2.28mg (15.19%), Iron: 2.62mg (14.58%), Vitamin K: 13.39µg (12.75%), Vitamin C: 9.98mg (12.09%), Vitamin A: 594.97IU (11.9%), Vitamin B5: 1.09mg (10.92%), Vitamin B6: 0.2mg (9.88%), Potassium: 302.2mg (8.63%), Fiber: 2.06g (8.23%), Magnesium: 32.22mg (8.05%), Copper: 0.12mg (6.23%), Vitamin D: 0.91µg (6.06%), Vitamin E: 0.84mg (5.63%)