



Ham and Wild Rice Quiche

READY IN



100 min.

SERVINGS



6

CALORIES



463 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 1 cup ham cubed cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 3 eggs beaten
- ☐ 0.3 cup green onion tops thinly sliced
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 2 cups swiss cheese shredded
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 0.8 cup water
- ☐ 0.3 cup rice wild uncooked

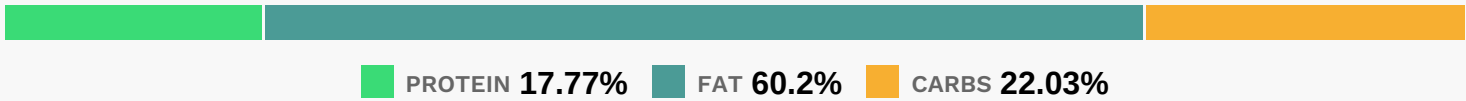
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot

Directions

- ☐ In a small pot, bring the water and wild rice to a boil. Cover, reduce heat to low, and simmer 45 minutes.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Bake the pie crust 10 minutes, or until golden brown. Reduce heat to 400 degrees F (200 degrees C).
- ☐ In a bowl, mix the cooked rice, ham, red bell pepper, green onion tops, and mushrooms. In a separate bowl, mix the eggs, sour cream, mustard, salt, and pepper.
- ☐ Sprinkle the bottom of the pie crust with 1 cup Swiss cheese.
- ☐ Spread the rice, ham, and vegetable mixture over the cheese, and cover with the egg mixture. Top with remaining Swiss cheese.
- ☐ Bake 30 minutes in the preheated oven, or until a knife inserted in the center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:16.413912959721%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 462.88kcal (23.14%), Fat: 31.06g (47.78%), Saturated Fat: 14.18g (88.64%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 23.48g (8.54%), Sugar: 2.48g (2.75%), Cholesterol: 151.68mg (50.56%), Sodium: 768.15mg (33.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.27%), Phosphorus: 406.13mg (40.61%), Calcium: 388.73mg (38.87%), Selenium: 26.48µg (37.84%), Vitamin B12: 1.63µg (27.15%), Vitamin B2: 0.41mg (24.06%), Zinc: 3.14mg (20.96%), Vitamin C: 16.12mg (19.54%), Vitamin A: 960.74IU (19.21%), Vitamin B1: 0.25mg (16.48%), Manganese: 0.31mg (15.27%), Folate: 55.04µg (13.76%), Vitamin B3: 2.51mg (12.55%), Vitamin K: 12.84µg (12.23%), Vitamin B5: 1.18mg (11.82%), Magnesium: 45.34mg (11.34%), Iron: 1.91mg (10.6%), Vitamin B6: 0.21mg (10.46%), Copper: 0.18mg (8.88%), Fiber: 2.1g (8.4%), Potassium: 275.25mg (7.86%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.48µg (3.19%)