



Ham, Leek and Gruyere Quiche

READY IN



140 min.

SERVINGS



10

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1 tablespoon cornstarch
- ☐ 5 large eggs
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 1 cup gruyère cheese shredded
- ☐ 1 cup honey-baked ham diced
- ☐ 0.8 cup heavy cream
- ☐ 10 servings ice water as needed
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 large leeks light white green chopped
- ☐ 1 pinch nutmeg
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 10 tablespoons butter unsalted chilled cut into small cubes
- ☐ 0.8 cup milk whole

Equipment

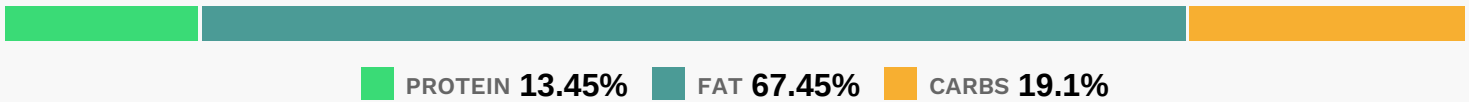
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ For the crust: Preheat the oven to 375 degrees F. Pulse together the flour and salt in a food processor.
- ☐ Add the chilled butter and pulse just until the butter is evenly distributed throughout.
- ☐ Add the sour cream and continue to pulse 2 to 4 more times until just incorporated.
- ☐ Add 2 tablespoons of ice water at a time, pulsing after each addition, until the dough starts to hold together.

- ☐ Add more water as needed. Turn the dough out onto plastic wrap and form it into a disc.Wrap the dough in the plastic wrap and let rest in the refrigerator 30 minutes.
- ☐ Roll the dough on a floured surface into a 12-inch circle about 1/4-inch thick.
- ☐ Roll up the dough using a rolling pin, and gently lift and place it over a deep, 10-inch tart pan. Gently press the dough into all the crevices and trim the overhang to 1/2-inch. Crimp the edges for a decorative finish and use the trimmed dough to patch any holes. Dock the bottom of the crust with a fork to keep it from puffing up, line with parchment paper and add dried beans to act as pie weights.
- ☐ Place on a large baking sheet and bake until the crust begins to brown, 20 to 30 minutes.
- ☐ Remove the parchment and dried beans. For the custard: Melt the butter in a large saute pan over medium heat and saute the leeks until they soften and begin to caramelize, stirring occasionally, 8 to 10 minutes.
- ☐ Remove from the heat, cool and reserve.
- ☐ Whisk the cream, milk, cornstarch, salt, pepper, cayenne, nutmeg and eggs in a large mixing bowl. Scatter the leeks evenly over the bottom of the crust. Top with the cheese and ham.
- ☐ Pour the custard over the top and place in the oven on a large sheet tray.
- ☐ Bake until the center is set and the crust is golden brown, 40 to 45 minutes.
- ☐ Let cool on a wire rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.9, Glycemic Load:11.41, Inflammation Score:-7, Nutrition Score:11.876087053962%

Flavonoids

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 404kcal (20.2%), Fat: 30.39g (46.75%), Saturated Fat: 17.5g (109.35%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.49g (6.72%), Sugar: 2.41g (2.68%), Cholesterol: 176.1mg (58.7%), Sodium: 558.71mg (24.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Selenium: 20.47µg (29.24%), Vitamin A: 1288.22IU (25.76%), Phosphorus: 220.92mg (22.09%), Calcium: 210.04mg (21%), Vitamin B2: 0.35mg (20.52%), Vitamin B1: 0.28mg (18.37%), Folate: 60.65µg (15.16%), Manganese: 0.24mg (11.85%), Vitamin B12: 0.68µg (11.4%), Iron: 1.86mg (10.35%), Vitamin K: 10.78µg (10.27%), Zinc: 1.48mg (9.89%), Vitamin D: 1.42µg (9.44%), Vitamin B3: 1.88mg (9.39%), Vitamin B6: 0.18mg (8.78%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 1.1mg (7.34%), Magnesium: 26.22mg (6.56%), Copper: 0.13mg (6.38%), Potassium: 190.06mg (5.43%), Fiber: 0.87g (3.48%), Vitamin C: 2.28mg (2.76%)