



Ham, Leek, and Three-Cheese Quiche

READY IN



120 min.

SERVINGS



8

CALORIES



441 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black
- 0.8 lb leek white green (3 medium; and pale parts only)
- 3 large eggs
- 0.3 lb ham smoked thinly sliced
- 1 cup fontina italian grated
- 1 cup whole-milk mozzarella grated
- 1.8 cups crème fraîche (from two 8-oz containers)
- 1 pie crust dough refrigerated frozen for a 9-inch pie (from a 15-oz package; not a preshaped pie shell)
- 1 cup gruyere cheese grated

- 2 tablespoons butter unsalted
- 0.1 teaspoon nutmeg freshly grated
- 1.8 cups frangelico (from two 8-oz containers)
- 1 cup frangelico grated
- 9 inch frangelico (4-cup capacity)
- 1.8 cups frangelico (from two 8-oz containers)
- 1 cup frangelico grated

Equipment

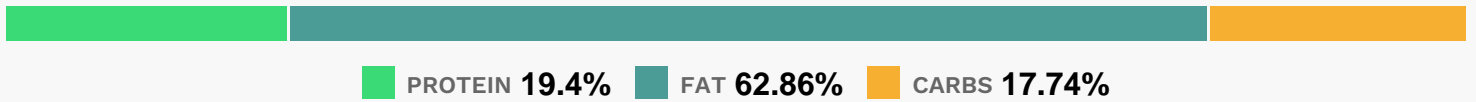
- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- aluminum foil
- colander

Directions

- Prebake pie dough in pie plate according to package instructions, then remove from oven and reduce temperature to 350°F.
- Meanwhile, halve leeks lengthwise and cut crosswise into 1/2-inch pieces, then wash well in a bowl of cold water, agitating leeks. Lift out and drain leeks in a colander and pat dry. Melt butter in a 10-inch heavy skillet over moderately low heat and cook leeks, stirring occasionally, until very tender, 8 to 10 minutes.
- Line warm pie shell with sliced ham, overlapping layers as necessary to cover bottom and side of pie shell completely. Toss cheeses together and sprinkle evenly into pie shell (do not pack cheese), then spread leeks evenly on top of cheese.
- Whisk together eggs, nutmeg, and pepper until combined well, then whisk in crème fraîche until smooth.

- Carefully pour half of custard on top of pie filling, gently moving cheese with a spoon to help custard disperse evenly. Slowly add remaining custard in same manner. Cover pie loosely with foil, gently folding edges over crust (keep foil from touching top of cheese mixture) and transfer to a baking sheet.
- Bake until center of filling is puffed and set (center will be slightly wobbly but not liquid), about 1 1/4 to 1 1/2 hours. Cool on a rack at least 20 to 30 minutes before serving (filling will continue to set as it cools).
- Serve warm or at room temperature.
- Quiche can be made 3 days ahead and cooled completely, uncovered, then chilled, wrapped in plastic wrap. Reheat quiche (uncovered) in a 350°F oven until warmed through, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:14.796521518541%

Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 441.18kcal (22.06%), Fat: 31.03g (47.75%), Saturated Fat: 15.69g (98.04%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 18.14g (6.6%), Sugar: 3.99g (4.44%), Cholesterol: 153.6mg (51.2%), Sodium: 664.88mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.09%), Calcium: 486.18mg (48.62%), Phosphorus: 389.15mg (38.92%), Vitamin A: 1586.63IU (31.73%), Selenium: 16.75µg (23.92%), Vitamin K: 23.8µg (22.66%), Vitamin B2: 0.34mg (20.15%), Zinc: 2.59mg (17.27%), Manganese: 0.32mg (16.17%), Vitamin B12: 0.95µg (15.83%), Folate: 58.11µg (14.53%), Iron: 2.11mg (11.73%), Vitamin B6: 0.2mg (10.05%), Magnesium: 39.92mg (9.98%), Vitamin B1: 0.12mg (7.87%), Vitamin B5: 0.77mg (7.7%), Potassium: 264.59mg (7.56%), Vitamin E: 1.07mg (7.13%), Copper: 0.14mg (6.97%), Vitamin C: 5.56mg (6.74%), Fiber: 1.57g (6.29%), Vitamin B3: 0.87mg (4.33%), Vitamin D: 0.63µg (4.17%)