



Ham Quiche

READY IN



35 min.

SERVINGS



2

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons finely-chopped ham cooked finely chopped
- ☐ 1 tablespoon cornmeal
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 0.3 cup milk
- ☐ 6 drops hot sauce red
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon shortening
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 5 teaspoons water

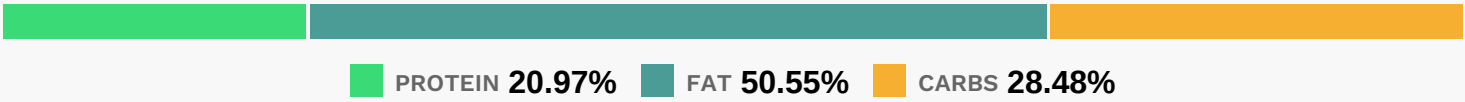
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In small bowl, mix flour, cornmeal and 1/8 teaspoon salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, tossing with fork until all flour is moistened and pastry cleans side of bowl.
- ☐ Gather pastry into a ball. Divide in half. Press firmly against bottom and side of two 10-ounce microwavable quiche dishes or custard cups. Prick bottoms and sides thoroughly with fork.
- ☐ Sprinkle cheese and onion in shells.
- ☐ Place dishes on upside-down microwavable saucers in microwave oven. Microwave uncovered on High 2 minutes; rotate dishes 1/2 turn. Prick any bubbles with fork. Microwave 1 minute 30 seconds to 3 minutes longer or until pastry appears dry and flaky.
- ☐ In 2-cup microwavable measuring cup, beat eggs, milk, 1/4 teaspoon salt and the pepper sauce with fork. Stir in ham. Microwave uncovered on Medium-High (70%) 3 to 4 minutes, stirring after 1 minute, until warm. Stir; pour into shells.
- ☐ Place filled shells on upside-down microwavable saucers in microwave oven.
- ☐ Microwave uncovered on Medium-High 4 to 5 minutes, rotating dishes 1/2 turn after 2 minutes, until center is almost set. Cover loosely and let stand on flat, heatproof surface 3 minutes.

Nutrition Facts



Properties

Glycemic Index:120.25, Glycemic Load:14.55, Inflammation Score:-4, Nutrition Score:13.065217329108%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 318.25kcal (15.91%), Fat: 17.7g (27.23%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.32g (7.75%), Sugar: 2.55g (2.84%), Cholesterol: 194.1mg (64.7%), Sodium: 883.06mg (38.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Selenium: 27.76µg (39.66%), Phosphorus: 272.64mg (27.26%), Vitamin B2: 0.46mg (26.92%), Vitamin B12: 1.25µg (20.75%), Vitamin B1: 0.31mg (20.46%), Calcium: 176.35mg (17.63%), Folate: 64.36µg (16.09%), Zinc: 1.93mg (12.85%), Iron: 2.16mg (12.01%), Vitamin B5: 1.15mg (11.52%), Manganese: 0.21mg (10.4%), Vitamin B3: 2mg (9.99%), Vitamin K: 10.44µg (9.95%), Vitamin B6: 0.19mg (9.48%), Vitamin D: 1.4µg (9.35%), Vitamin A: 464.44IU (9.29%), Vitamin C: 6.25mg (7.58%), Magnesium: 27.82mg (6.95%), Potassium: 228.54mg (6.53%), Vitamin E: 0.96mg (6.41%), Copper: 0.1mg (4.94%), Fiber: 1.12g (4.48%)