

Havarti and Asparagus Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



537 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 stalks asparagus
- 1 cup cup heavy whipping cream
- 2 eggs
- 1.3 cups flour
- 0.5 pound havarti cheese with dill cheese (approximately ½ lb.)
- 0.5 teaspoon salt
- 1 cup sugar
- 0.8 cup butter unsalted cold cut into small cubes
- 8 c water

Equipment

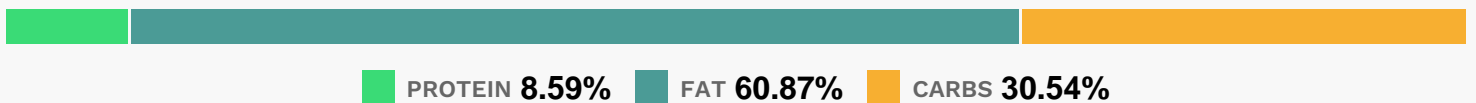
- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- pot
- plastic wrap
- aluminum foil
- rolling pin
- butter knife
- pie form

Directions

- In the bowl of a food processor, combine flour, salt, and sugar.
- Add butter and pulse until the mixture resembles the size of small peas.
- Add the first 5 tablespoons of water, one at a time. Check consistency – if the mixture holds together when pinched, the crust is perfect don't add any more water. If, however, the crust still crumbles apart and won't stay together when pinched, that means it won't stay together while rolling either; go ahead and add the last tablespoon of water one teaspoon at a time, rechecking the consistency between each teaspoon. The exact amount of water you need will depend on the amount of humidity in the air and therefore in the flour. Once finished, turn the dough out onto a piece of plastic wrap. Form the dough into a disk, and refrigerate 30 minutes before rolling it out. You want that flour to relax and the butter to be nice and cold that will ensure you have a nice flaky crust. Meanwhile, boil a pot of water large enough to fit the stalks of asparagus. Trim the ends of your asparagus making sure they will fit nicely into your quiche pan, arranged like the spokes in a bicycle wheel with the ends touching in the middle.
- Place in boiling water, and blanch for 2–3 minutes.

- Remove from boiling water and place in an ice bath to stop the cooking and keep the color nice and vibrant green. Set aside. Preheat oven to 350 degrees. On a lightly floured surface, roll the dough out into a circle a few inches larger than your quiche or pie pan. Fold the dough back up over the rolling pin if needed, to gently lift the crust into the dish. Once the dough is neatly into the pan, make sure it is smoothly tucked into the corners. Trim excess crust from the edges leaving about a 1 border. Fold the excess dough under itself, making sure not to fold it over the edge of the pan, to ensure a nice even border. Crimp the dough between your fingers to make little pinches. Poke a few fork holes in it to allow the steam to escape, this will prevent a soggy bottom crust. Blind bake the crust for 5 minutes. This will prevent all of the custard from getting absorbed into the crust making it soggy.
- Remove crust from oven and sprinkle with Havarti with Dill cheese. Set aside. Increase oven temperature to 375 degrees. In a large bowl, combine eggs, heavy cream, and milk and whisk thoroughly.
- Pour egg mixture gently over the cheese mixture.
- Place asparagus stalks, tips pointing outwards into a spoke pattern like on a bicycle wheel, making sure the ends come together in the middle.
- Bake 40 minutes. Check to make sure the crust isn't getting too brown. If it is, loosely drape a piece of foil over the top, making sure you don't lay it on the actual custard mixture in the middle.
- Bake 10-12 minutes longer. To test doneness, slide a butter knife under the edge of one of the asparagus stalks. The knife should come out clean. It should be moist after all the quiche is moist, but it should be free of egg mixture. If not, put it back in the oven with your tent foil on top for 3-4 more minutes.

Nutrition Facts



Properties

Glycemic Index: 22.14, Glycemic Load: 28.33, Inflammation Score: -7, Nutrition Score: 10.433913043478%

Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 536.77kcal (26.84%), Fat: 36.94g (56.82%), Saturated Fat: 23.06g (144.12%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 40.84g (14.85%), Sugar: 26.23g (29.14%), Cholesterol: 145.24mg (48.41%), Sodium: 398.16mg (17.31%), Protein: 11.73g (23.45%), Vitamin A: 1374.32IU (27.49%), Phosphorus: 223.81mg (22.38%), Calcium: 217.19mg (21.72%), Selenium: 14.03µg (20.04%), Vitamin B2: 0.33mg (19.46%), Folate: 68.07µg (17.02%), Vitamin B1: 0.2mg (13.45%), Zinc: 1.62mg (10.77%), Vitamin B12: 0.57µg (9.55%), Manganese: 0.18mg (9.04%), Vitamin K: 9.19µg (8.75%), Iron: 1.53mg (8.52%), Vitamin E: 1.27mg (8.46%), Vitamin D: 1.09µg (7.27%), Vitamin B3: 1.37mg (6.87%), Copper: 0.14mg (6.85%), Magnesium: 20.36mg (5.09%), Vitamin B5: 0.49mg (4.94%), Vitamin B6: 0.08mg (3.92%), Potassium: 121.32mg (3.47%), Fiber: 0.86g (3.45%), Vitamin C: 1.22mg (1.47%)