



Hearty Smoked Sausage Country Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 5 ounces biscuit and baking mix gluten-free red
- ☐ 3 tablespoons butter chilled cut into cubes
- ☐ 2 tablespoons canola oil
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 7 large egg whites
- ☐ 0.3 cup milk fat-free
- ☐ 1 cup bell pepper green chopped

- ☐ 0.3 cup ice water
- ☐ 1 cup bell pepper red chopped
- ☐ 1.5 ounces sharp cheddar cheese shredded reduced-fat finely
- ☐ 6 ounces turkey sausage smoked diced
- ☐ 2 tablespoons water
- ☐ 0.5 cup onion diced yellow
- ☐ 2.5 cups baby squash yellow sliced

Equipment

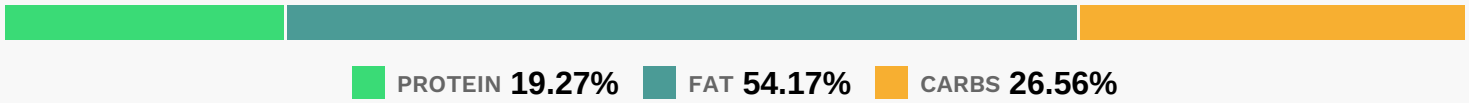
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Combine baking mix and oil in a medium bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles small peas.
- ☐ Add ice water, 1 tablespoon at a time, tossing with a fork until moist.
- ☐ Place between 2 sheets of plastic wrap; roll into an 11-inch circle.
- ☐ Place in a 9-inch deep-dish pie plate. Fold edges under and crimp; chill.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage to pan; cook 6 minutes or until browned, stirring frequently.

- ☐ Drain on paper towels.
- ☐ Coat pan with cooking spray.
- ☐ Add bell peppers and onion; cook 3 minutes, stirring frequently. Stir in squash, thyme, and crushed red pepper. Coat vegetables with cooking spray; cook 4 minutes or until squash is almost tender, stirring frequently. Stir in 2 tablespoons water; cook 1 minute, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in sausage.
- ☐ Combine egg, egg whites, and milk in a medium bowl, stirring well with a whisk. Spoon sausage mixture into prepared crust.
- ☐ Pour egg mixture over sausage mixture.
- ☐ Bake at 375 for 35 minutes or until set.
- ☐ Remove from oven; sprinkle with cheese.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:12.489565082218%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 244.96kcal (12.25%), Fat: 14.83g (22.82%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 14.69g (5.34%), Sugar: 5.26g (5.85%), Cholesterol: 56.46mg (18.82%), Sodium: 485.2mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.75%), Vitamin C: 46.13mg (55.92%), Vitamin B2: 0.4mg (23.27%), Phosphorus: 219.63mg (21.96%), Vitamin A: 990.22IU (19.8%), Vitamin B6: 0.31mg (15.64%), Selenium: 10.93µg (15.62%), Folate: 51.53µg (12.88%), Vitamin B3: 2.3mg (11.48%), Vitamin B1: 0.17mg (11.47%), Calcium: 105.97mg (10.6%), Potassium: 342.81mg (9.79%), Manganese: 0.19mg (9.71%), Vitamin B12: 0.55µg (9.19%), Vitamin E: 1.31mg (8.76%), Zinc: 1.29mg (8.59%), Vitamin K: 8.66µg (8.24%), Vitamin B5: 0.73mg (7.33%), Iron: 1.25mg (6.96%), Fiber: 1.67g (6.69%), Magnesium: 26.56mg (6.64%), Copper: 0.1mg (4.93%), Vitamin D: 0.27µg (1.79%)