

Holiday Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 teaspoon pepper black
- 1 cup gourmet brown rice blend uncooked (such as Lundberg Jubilee or Countrywild)
- 2 cups butternut squash divided cubed cooked peeled
- 2 tablespoons cranberries dried
- 1 eggs
- 3 eggs
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt

- 0.7 cup evaporated skimmed milk
- 1 cup turkey cooked chopped
- 2 cups water
- 0.1 teaspoon pepper white
- 0.8 cup whole-berry cranberry sauce
- 2 teaspoons or fresh divided minced

Equipment

- bowl
- sauce pan
- oven
- knife
- blender

Directions

- Combine rice and water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until liquid is absorbed.
- Let stand, covered, 10 minutes. Fluff with a fork.
- Combine cooked rice, 1/2 cup cheese, 1 egg, salt, and black pepper in a bowl; stir well. Press into a 10-inch pie plate coated with cooking spray, and bake at 350 for 12 minutes. Spoon 1 cup squash, turkey, and half of sage into prepared crust.
- Combine the remaining squash, 3 eggs, milk, and white pepper in a blender; process until smooth, and pour into crust.
- Combine remaining sage, 1/2 cup cheese, and dried cranberries; sprinkle over quiche.
- Bake at 350 for 40 minutes or until a knife inserted near center comes out clean.
- Let stand 10 minutes before serving.
- Serve with cranberry sauce, and garnish with sage sprigs, if desired.

Nutrition Facts



■ PROTEIN 17.25% ■ FAT 19.85% ■ CARBS 62.9%

Properties

Glycemic Index:15.5, Glycemic Load:10.49, Inflammation Score:-10, Nutrition Score:14.553043515786%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 237.57kcal (11.88%), Fat: 5.32g (8.18%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 35.87g (13.04%), Sugar: 12.97g (14.41%), Cholesterol: 96.84mg (32.28%), Sodium: 315.07mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.79%), Vitamin A: 3954.81IU (79.1%), Manganese: 1.01mg (50.47%), Phosphorus: 203.55mg (20.35%), Selenium: 12.3µg (17.58%), Vitamin B6: 0.31mg (15.48%), Magnesium: 57.76mg (14.44%), Calcium: 124.29mg (12.43%), Vitamin B3: 2.49mg (12.43%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.17mg (11.04%), Vitamin B5: 1.03mg (10.35%), Zinc: 1.42mg (9.47%), Vitamin C: 7.63mg (9.25%), Vitamin B12: 0.55µg (9.17%), Potassium: 300.98mg (8.6%), Fiber: 2.03g (8.12%), Iron: 1.33mg (7.41%), Vitamin E: 1.1mg (7.36%), Copper: 0.14mg (6.97%), Folate: 26.54µg (6.63%), Vitamin D: 0.73µg (4.89%), Vitamin K: 1.74µg (1.66%)