



Leek and Cheese Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



433 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 tablespoons butter
- 4 eggs
- 1 tablespoon flour all-purpose
- 1.8 cups heavy cream
- 2 cups leeks sliced
- 19-inch pie crust frozen thawed ()
- 0.3 cup romano cheese grated
- 8 servings salt and pepper to taste
- 1 cup swiss cheese shredded

1 tomatoes thinly sliced

Equipment

bowl

frying pan

oven

knife

Directions

Preheat oven to 450 degrees F (230 degrees C).

Melt the butter in a skillet over medium heat, and saute the leeks until tender.

Spread evenly over the bottom of the pie crust.

In a bowl, toss together the Swiss cheese, Romano cheese, and flour.


Spread over the leeks.

In a separate bowl, beat together the eggs and heavy cream.

Pour over the cheese layer in the pie crust. Top with the tomato slices, and season with salt and pepper.

Bake 15 minutes in the preheated oven. Reduce heat to 325 degrees F (165 degrees C), and continue baking 30 minutes, until the crust is lightly browned and a knife inserted in the center of the quiche comes out clean.

Nutrition Facts

 **PROTEIN 10.1%** **FAT 72.89%** **CARBS 17.01%**

Properties

Glycemic Index:31.13, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:11.070869528729%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 432.72kcal (21.64%), Fat: 35.38g (54.43%), Saturated Fat: 19.51g (121.93%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 17.34g (6.31%), Sugar: 2.9g (3.22%), Cholesterol: 164mg (54.67%), Sodium: 431.55mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.05%), Vitamin A: 1595.83IU (31.92%), Calcium: 220.6mg (22.06%), Selenium: 14.83µg (21.19%), Phosphorus: 206.33mg (20.63%), Vitamin B2: 0.31mg (18.16%), Vitamin K: 15.73µg (14.99%), Manganese: 0.25mg (12.5%), Folate: 49.72µg (12.43%), Vitamin B12: 0.73µg (12.13%), Iron: 1.68mg (9.35%), Vitamin D: 1.29µg (8.59%), Vitamin E: 1.28mg (8.55%), Zinc: 1.25mg (8.37%), Vitamin B1: 0.12mg (7.81%), Vitamin B6: 0.14mg (7.24%), Vitamin B5: 0.7mg (6.95%), Vitamin C: 5.09mg (6.17%), Magnesium: 23.97mg (5.99%), Potassium: 194.71mg (5.56%), Fiber: 1.24g (4.94%), Vitamin B3: 0.97mg (4.86%), Copper: 0.08mg (4.24%)