



## Leek and Onion Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter melted
- ☐ 4 ounces gruyere cheese shredded divided
- ☐ 4 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup leeks white chopped (serving only)
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 0.5 teaspoon tarragon dried whole
- ☐ 4 tablespoons water cold
- ☐ 2 cups whipping cream

## Equipment

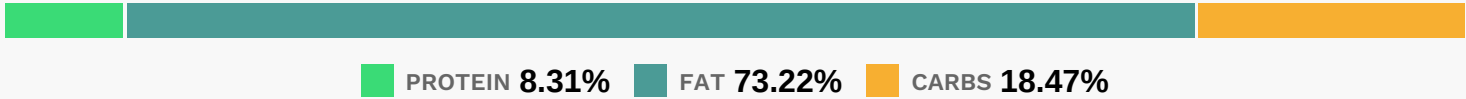
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Combine flour and 1/2 teaspoon salt; cut in butter and shortening with pastry blender until mixture is crumbly.
- ☐ Sprinkle water (1 tablespoon at a time) over surface, stirring with a fork until dry ingredients are moistened. Shape into a ball; chill 1 hour.
- ☐ Roll pastry to a 12-inch circle on a floured surface. Line a 10-inch quiche dish with pastry; trim excess pastry around edges. Chill 30 minutes. Line dish with aluminum foil; add pie weights.
- ☐ Spread pie weights over bottom and up sides of foil-lined pastry.
- ☐ Bake at 425 for 15 minutes.
- ☐ Remove aluminum foil and pie weights.
- ☐ Bake an additional 5 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ Saute onion, leeks, and garlic in 2 tablespoons butter in a large skillet over medium-high heat until vegetables are tender.
- ☐ Remove from heat; stir in tarragon.
- ☐ Sprinkle 1/4 cup cheese in baked pastry shell. Spoon onion mixture over cheese.

- ☐ Combine eggs and remaining ingredients; stir with a wire whisk.
- ☐ Pour over onion mixture in pastry shell.
- ☐ Sprinkle with remaining 3/4 cup cheese.
- ☐ Bake at 350 for 30 minutes or just until set.
- ☐ Let stand 10 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:45.13, Glycemic Load:14, Inflammation Score:-8, Nutrition Score:11.753913008648%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 511.75kcal (25.59%), Fat: 42.08g (64.74%), Saturated Fat: 23.79g (148.71%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 22.67g (8.24%), Sugar: 3.22g (3.58%), Cholesterol: 186.03mg (62.01%), Sodium: 357.74mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.49%), Vitamin A: 1591.39IU (31.83%), Selenium: 20.93µg (29.9%), Vitamin B2: 0.41mg (23.86%), Phosphorus: 182.19mg (18.22%), Folate: 70.2µg (17.55%), Calcium: 172.34mg (17.23%), Vitamin B1: 0.23mg (15.2%), Manganese: 0.27mg (13.64%), Iron: 1.9mg (10.55%), Vitamin K: 11µg (10.47%), Vitamin E: 1.55mg (10.3%), Vitamin D: 1.48µg (9.85%), Zinc: 1.18mg (7.89%), Vitamin B3: 1.53mg (7.67%), Vitamin B12: 0.46µg (7.65%), Vitamin B5: 0.74mg (7.39%), Vitamin B6: 0.14mg (7.05%), Magnesium: 21.87mg (5.47%), Potassium: 181.5mg (5.19%), Fiber: 1.21g (4.86%), Copper: 0.09mg (4.35%), Vitamin C: 3.48mg (4.22%)