



Leek, mushroom & gruyère quiche

READY IN



40 min.

SERVINGS



8

CALORIES



519 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 25 g butter
- ☐ 4 leek washed sliced
- ☐ 250 g pack chestnut mushroom sliced
- ☐ 2 eggs
- ☐ 284 ml double cream
- ☐ 140 g gruyere cheese grated
- ☐ 280 g flour plain
- ☐ 140 g butter cold cut into pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ To make the pastry, tip the flour and butter into a bowl, then rub together with your fingertips until completely mixed and crumbly.
- ☐ Add 8 tbsp cold water, then bring everything together with your hands until just combined.
- ☐ Roll into a ball and use straight away or chill for up to 2 days. The pastry can also be frozen for up to a month.
- ☐ Roll out the pastry on a lightly floured surface to a round about 5cm larger than a 25cm tin. Use your rolling pin to lift it up, then drape over the tart case so there is an overhang of pastry on the sides. Using a small ball of pastry scraps, push the pastry into the corners of the tin (see picture, above left). Chill in the fridge or freezer for 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ While the pastry is chilling, heat the butter in a pan and cook the leeks for 10 mins, stirring occasionally, until they soften. Then turn up the heat and add the mushrooms. Cook for 5 mins more, then turn off the heat.
- ☐ Lightly prick the base of the tart with a fork, line the tart case with a large circle of greaseproof paper or foil, then fill with baking beans. Blind-bake the tart for 20 mins, remove the paper and beans, then continue to cook for 5-10 mins until biscuit brown
- ☐ While the tart case cooks, beat the eggs in a bowl, then gradually add the cream. Stir in the leeks, mushrooms and half the cheese. Season, then tip the filling into the tart case.
- ☐ Sprinkle with the rest of the cheese, then bake for 20-25 mins until set and golden brown. Leave to cool in the case, trim the edges of the pastry, then remove and serve in slices.

Nutrition Facts



 **PROTEIN 9.79%**  **FAT 63.13%**  **CARBS 27.08%**

Properties

Glycemic Index:25.88, Glycemic Load:21.09, Inflammation Score:-8, Nutrition Score:17.085217579551%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 518.73kcal (25.94%), Fat: 36.83g (56.65%), Saturated Fat: 22.54g (140.9%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 33.61g (12.22%), Sugar: 3.53g (3.92%), Cholesterol: 144.87mg (48.29%), Sodium: 294.31mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.71%), Vitamin A: 2007.5IU (40.15%), Selenium: 27.63µg (39.47%), Vitamin B2: 0.51mg (30.15%), Folate: 109.31µg (27.33%), Manganese: 0.5mg (25.18%), Calcium: 248.56mg (24.86%), Phosphorus: 244.19mg (24.42%), Vitamin B1: 0.35mg (23.61%), Vitamin K: 24.11µg (22.96%), Vitamin B3: 3.49mg (17.45%), Iron: 2.95mg (16.36%), Copper: 0.28mg (13.87%), Vitamin B5: 1.07mg (10.65%), Zinc: 1.57mg (10.47%), Vitamin B6: 0.2mg (9.97%), Vitamin E: 1.41mg (9.37%), Potassium: 325.78mg (9.31%), Magnesium: 33.5mg (8.38%), Vitamin B12: 0.5µg (8.36%), Fiber: 1.93g (7.73%), Vitamin C: 5.55mg (6.73%), Vitamin D: 0.93µg (6.18%)