



Lentil Quiche

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 cups broccoli florets
- 0.5 cup lentils dried
- 4 eggs beaten
- 8 servings ground pepper black to taste
- 2 teaspoons penzey's southwest seasoning italian
- 1 cup milk
- 2 tablespoons olive oil
- 1 cup onion chopped

- 1 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 1 cup tomatoes fresh chopped
- 2 cups water

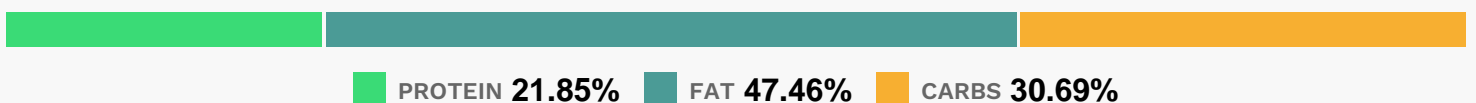
Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Place the onion and olive oil into a 9 inch deep-dish pie plate.
- Bake for about 15 minutes, or until onion is tender.
- Place the lentils and water into a saucepan, and bring to a boil. Cook for about 20 minutes, or until lentils are tender.
- Drain most of the water off, then place the broccoli florets on top of the lentils. Cover and cook for about 5 minutes. This will dry the lentils, and cook the broccoli.
- Transfer the lentils, broccoli and tomatoes to the pie plate with the onions, and stir to evenly distribute each item. Stir in cheese at this time if using. In a medium bowl, whisk together the eggs, milk, salt, pepper, and Italian seasoning.
- Pour over the ingredients in the pie plate.
- Bake for 45 minutes in the preheated oven, or until the center is firm when the quiche is jiggled. Cool for a few minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:27.95, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:12.594347777574%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.54kcal (8.63%), Fat: 9.26g (14.25%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 8.42g (3.06%), Sugar: 3.56g (3.96%), Cholesterol: 92.56mg (30.85%), Sodium: 392.83mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin C: 24.86mg (30.14%), Vitamin K: 31.06µg (29.58%), Folate: 91.43µg (22.86%), Fiber: 5.05g (20.21%), Phosphorus: 187.01mg (18.7%), Selenium: 11.03µg (15.75%), Manganese: 0.3mg (15.05%), Vitamin B2: 0.24mg (13.97%), Calcium: 134.06mg (13.41%), Vitamin B1: 0.17mg (11.06%), Vitamin A: 549.99IU (11%), Vitamin B6: 0.21mg (10.5%), Potassium: 349.1mg (9.97%), Iron: 1.78mg (9.86%), Zinc: 1.42mg (9.48%), Vitamin B5: 0.91mg (9.15%), Magnesium: 33.79mg (8.45%), Vitamin E: 1.24mg (8.24%), Vitamin B12: 0.44µg (7.26%), Copper: 0.12mg (6.24%), Vitamin D: 0.82µg (5.45%), Vitamin B3: 0.67mg (3.34%)