 7%
HEALTH SCORE

Lentil Quiche

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

- 1 teaspoon salt
- 1 cup tomatoes fresh chopped
- 2 cups water

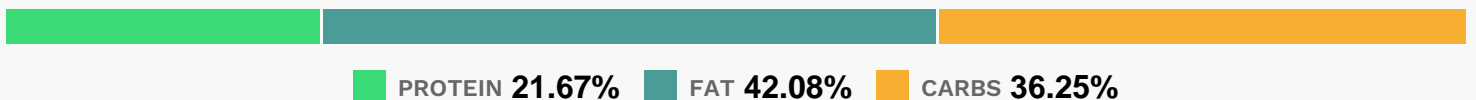
Equipment

- 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:24.58, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:11.723913037259%

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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 143.72kcal (7.19%), Fat: 6.86g (10.56%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 8.25g (3%), Sugar: 3.54g (3.93%), Cholesterol: 85.5mg (28.5%), Sodium: 346.65mg (15.07%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.95g (15.9%), Vitamin C: 24.86mg (30.14%), Vitamin K: 30.89µg (29.42%), Folate: 89.95µg (22.49%), Fiber: 5.05g (20.21%), Phosphorus: 154.67mg (15.47%), Manganese: 0.3mg (15.01%), Selenium: 9.03µg (12.89%), Vitamin B2: 0.21mg (12.14%), Vitamin B1: 0.16mg (10.93%), Vitamin B6: 0.2mg (10.25%), Potassium: 343.67mg (9.82%), Iron: 1.76mg (9.8%), Vitamin A: 479.22IU (9.58%), Vitamin B5: 0.89mg (8.85%), Calcium: 84.13mg (8.41%), Magnesium: 31.89mg (7.97%), Vitamin E: 1.18mg (7.89%), Zinc: 1.16mg (7.75%), Copper: 0.12mg (6.13%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.78µg (5.17%), Vitamin B3: 0.66mg (3.32%)