



Make Ahead Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 9-inch pie crust dough ()
- 1 cup cheddar cheese shredded
- 1 cup monterrey jack cheese shredded
- 1 tablespoon flour
- 0.5 cup finely-chopped ham diced cooked
- 4 eggs
- 1 cup half and half
- 2 spring onion chopped
- 0.3 teaspoon salt

- 0.3 teaspoon ground mustard dry
- 1 Dash pepper

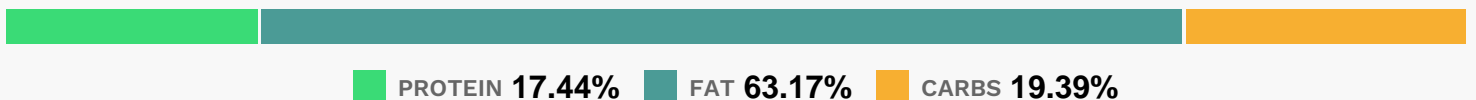
Equipment

- bowl
- oven
- whisk
- plastic wrap
- aluminum foil

Directions

- In a medium bowl, toss the flour with the grated cheese. Evenly spread the cheese over the bottom of the pie crust. Top the cheese with the diced ham. In a medium bowl, whisk together eggs, half and half, salt, pepper and dry mustard. Stir in the green onions.
- Pour the egg mixture over the ham and cheese.
- Cover the unbaked quiche with plastic wrap, then with foil, sealing the edges well.
- Place the prepared quiche in the freezer. When ready to bake, preheat the oven to 400 degrees. Do not thaw the quiche!
- Remove the foil and plastic wrap.
- Place the foil around the edges of the crust to prevent burning.
- Place the frozen quiche in the oven and bake for about 1 hour, or until the filling is set and the crust is golden brown.
- To cook the quiche immediately (without freezing first), preheat the oven to 350 degrees and bake for 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:9.1821739130435%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 310.9kcal (15.54%), Fat: 21.75g (33.46%), Saturated Fat: 10.39g (64.93%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.28g (5.19%), Sugar: 1.52g (1.69%), Cholesterol: 124.28mg (41.43%), Sodium: 483.82mg (21.04%), Protein: 13.51g (27.02%), Calcium: 257.66mg (25.77%), Selenium: 17.06µg (24.37%), Phosphorus: 240.99mg (24.1%), Vitamin B2: 0.34mg (20.18%), Zinc: 1.64mg (10.91%), Vitamin B12: 0.62µg (10.33%), Vitamin A: 506.29IU (10.13%), Folate: 38.21µg (9.55%), Vitamin B1: 0.14mg (9.32%), Vitamin K: 9.21µg (8.77%), Iron: 1.33mg (7.39%), Manganese: 0.14mg (6.89%), Vitamin B5: 0.68mg (6.83%), Vitamin B3: 1.07mg (5.35%), Vitamin B6: 0.11mg (5.33%), Magnesium: 19.59mg (4.9%), Potassium: 146.63mg (4.19%), Vitamin D: 0.61µg (4.06%), Vitamin E: 0.58mg (3.9%), Vitamin C: 2.49mg (3.01%), Fiber: 0.74g (2.96%), Copper: 0.06mg (2.95%)