

Mini Crustless Tofu Quiches

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 cup bell pepper
- 3 servings pepper black to taste
- 1 teaspoon cashew butter (preferred)
- 1 tablespoon potato flour (may sub another thickener such as arrowroot or potato starch)
- 1 tablespoon chives fresh minced (green onion)
- 1 teaspoon rosemary leaves dried fresh minced crushed (or)
- 1 teaspoon garlic minced
- 1 cup mushrooms chopped

- 2 tablespoons nutritional yeast
- 0.3 teaspoon onion powder
- 0.5 teaspoon salt
- 1 pinch salt black generous (kala namak) (adds an eggy taste)
- 12.3 ounce silken tofu firm drained (see note below)
- 0.3 cup soymilk plain
- 0.3 teaspoon turmeric

Equipment

- food processor
- frying pan
- oven
- knife
- blender
- muffin liners
- muffin tray

Directions

- Place the remaining ingredients into a food processor or blender. Process until completely smooth and silky.
- Add the tofu mixture to the vegetables and stir to combine. Spoon equally into the 12 muffin cups: it will fill regular muffin cups about halfway.
- Put the muffin pan into the oven and immediately reduce the heat to 350 F.
- Bake until the tops are golden and a knife inserted into the middle of a quiche comes out clean—about 25–35 minutes depending on your oven and muffin cups (silicone will take longer than metal, so if you're using a metal pan, check it at 20 minutes).
- Remove from the oven and allow them to cool for about 10 minutes. Enjoy! They're light, so plan on making more of these—or serve hearty side dishes—if you're serving more than 3 people.

Nutrition Facts

PROTEIN 31.56% FAT 32.31% CARBS 36.13%

Properties

Glycemic Index:69.81, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:10.611739023872%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.43kcal (6.37%), Fat: 4.78g (7.35%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.41g (3.42%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 420.86mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21.01%), Vitamin C: 34.96mg (42.37%), Copper: 0.42mg (21.01%), Vitamin A: 899.96IU (18%), Potassium: 541.23mg (15.46%), Vitamin B2: 0.24mg (14.28%), Vitamin B3: 2.54mg (12.69%), Vitamin B1: 0.18mg (12.19%), Phosphorus: 121.3mg (12.13%), Magnesium: 46.93mg (11.73%), Fiber: 2.61g (10.45%), Vitamin B6: 0.21mg (10.36%), Iron: 1.86mg (10.33%), Calcium: 73.18mg (7.32%), Zinc: 1.01mg (6.75%), Folate: 26.25µg (6.56%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.6mg (6.02%), Manganese: 0.11mg (5.72%), Selenium: 3.86µg (5.51%), Vitamin B12: 0.23µg (3.75%), Vitamin K: 3.56µg (3.39%), Vitamin D: 0.3µg (2%)