



## Mini Leek Quiches

READY IN



45 min.

SERVINGS



24

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 2 large eggs
- 2 sprigs thyme leaves fresh
- 0.5 cup gruyère cheese finely grated
- 0.8 cup heavy cream
- 24 servings kosher salt and pepper black freshly ground
- 2 small leeks light white green finely chopped
- 0.1 teaspoon pumpkin pie spice
- 14 ounce pie dough refrigerated
- 1 tablespoon butter unsalted

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- measuring cup
- muffin tray
- mini muffin tray

## Directions

- Special equipment: 1 (24-count) or 2 (12-count) mini muffin pans
- Preheat the oven to 350 degrees F.
- Rinse the leeks in a bowl of water and strain. Set aside.
- In a skillet over medium heat, add the butter. When it is melted, add the leeks and season with salt and pepper. Cook until they are soft and tender, 6 to 8 minutes.
- Remove from the heat, stir in the thyme, and let cool to room temperature.
- Roll out each pie dough round onto a clean dry surface. Using a 2 1/4-inch biscuit cutter cut 12 rounds from each dough. Gently press the rounds into each of the mini muffin tins to form mini crusts.
- In a large measuring cup, whisk the cream and eggs with the pumpkin pie spice and a generous pinch of salt and pepper.
- Fill each muffin cup with 1 teaspoon of the cooled leeks and top with 1 teaspoon of the cheese. Cover the filling with the egg and cream mixture.
- Place the muffin tins onto cookie sheets and put them into the oven.
- Bake until the egg mixture has set and the quiches are lightly browned, 10 to 15 minutes.
- Let cool for 10 minutes before turning them out onto a wire rack.
- Serve warm.

# Nutrition Facts

PROTEIN 8.48% FAT 61.94% CARBS 29.58%

## Properties

Glycemic Index:4.54, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:2.9434782473937%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 127.26kcal (6.36%), Fat: 8.78g (13.51%), Saturated Fat: 4.02g (25.09%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.85g (3.22%), Sugar: 0.53g (0.59%), Cholesterol: 28.18mg (9.39%), Sodium: 96.78mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Manganese: 0.13mg (6.32%), Vitamin A: 300.81IU (6.02%), Vitamin K: 5.23µg (4.98%), Folate: 18.93µg (4.73%), Phosphorus: 44.1mg (4.41%), Calcium: 43.53mg (4.35%), Vitamin B2: 0.07mg (4.22%), Selenium: 2.93µg (4.19%), Iron: 0.7mg (3.87%), Vitamin B1: 0.05mg (3.66%), Vitamin B3: 0.49mg (2.45%), Fiber: 0.59g (2.34%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.27mg (1.77%), Magnesium: 6.9mg (1.72%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.23µg (1.52%), Copper: 0.03mg (1.4%), Potassium: 46.48mg (1.33%), Vitamin C: 1.07mg (1.3%)