



Mini Onion Quiches

READY IN



45 min.

SERVINGS



24

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 tablespoons butter
- 4 tablespoons butter melted ()
- 2 eggs
- 1 cup green onion with tops chopped
- 1 cup milk
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.8 cup saltines crushed
- 1 cup swiss cheese grated

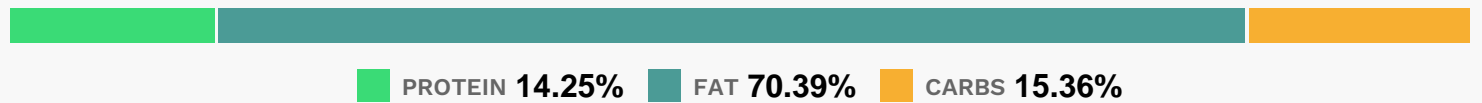
Equipment

- oven
- mini muffin tray

Directions

- Preheat oven to 300 degrees F.
- Combine cracker crumbs and melted butter. Divide crumbs among mini muffin tins that have been sprayed with a nonstick cooking spray.
- Saute onion for 10 minutes in 2 tablespoons butter. Cool, then divide evenly on top of cracker crumbs. Beat eggs; add milk, salt, pepper, and Swiss cheese.
- Pour by spoonfuls on top of onions in tins. Do not fill to top, as they will run over.
- Bake until set, about 15 to 20 minutes. Do not over bake. May be stored in refrigerator or freezer. Warm in oven before serving.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.3678260808406%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 64.65kcal (3.23%), Fat: 5.11g (7.85%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.63g (0.7%), Cholesterol: 26.57mg (8.86%), Sodium: 109.6mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin K: 9.56µg (9.11%), Calcium: 58.99mg (5.9%), Phosphorus: 48mg (4.8%), Selenium: 2.96µg (4.23%), Vitamin A: 202.76IU (4.06%), Vitamin B12: 0.23µg (3.86%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.32mg (2.14%), Folate: 7.83µg (1.96%), Vitamin B1: 0.03mg (1.7%), Manganese: 0.03mg (1.47%), Iron: 0.26mg (1.43%), Vitamin E: 0.2mg (1.33%), Vitamin B5: 0.13mg (1.31%), Vitamin D: 0.19µg (1.23%), Magnesium: 4.59mg (1.15%), Potassium: 39.46mg (1.13%), Vitamin B6: 0.02mg (1.01%)