



Mixed Vegetable Quiche with Cheddar and Parmesan

READY IN



30 min.

SERVINGS



6

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.8 cup cheddar grated
- 2 teaspoons dijon mustard
- 2 eggs lightly beaten
- 1 cup stir-fried vegetables cooked
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.3 teaspoon ground pepper black
- 0.3 cup milk low fat
- 1 teaspoon oregano dried

- 1 tablespoon parmesan grated
- 1 cup part-skim ricotta cheese
- 1 9-inch pie crust refrigerated ()
- 0.5 teaspoon salt

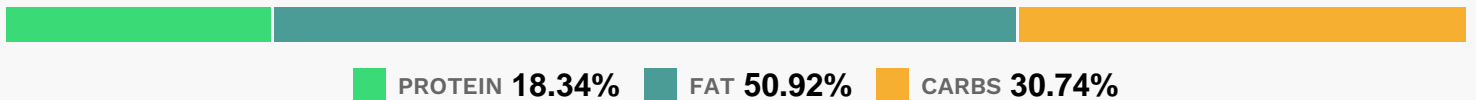
Equipment

- bowl
- oven
- knife
- tart form
- pie form

Directions

- Preheat oven to 375 degrees F.
- Press pie crust into the bottom and up the sides of a 9-inch, removable-bottom tart pan (or 9-inch pie pan). Set aside.
- In a large bowl, combine spinach, stir-fried vegetables and place on top of uncooked crust. In another bowl combine ricotta, cheddar, milk, eggs, Dijon, oregano, salt, and black pepper.
- Mix well. Spoon cheese mixture on top of vegetable mixture in prepared pie crust and top with Parmesan.
- Bake 20 minutes, until a knife inserted near the center comes out clean and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:22.426521840303%

Nutrients (% of daily need)

Calories: 330.7kcal (16.53%), Fat: 18.97g (29.18%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 22.11g (8.04%), Sugar: 1.07g (1.19%), Cholesterol: 82.56mg (27.52%), Sodium: 579.83mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.73%), Vitamin K: 181.13µg (172.51%), Vitamin A: 7493.65IU (149.87%), Calcium: 324.49mg (32.45%), Selenium: 21.24µg (30.34%), Manganese: 0.6mg (29.94%), Folate: 117.05µg (29.26%), Phosphorus: 252.76mg (25.28%), Vitamin B2: 0.41mg (24.33%), Magnesium: 62.88mg (15.72%), Iron: 2.67mg (14.86%), Fiber: 3.65g (14.61%), Vitamin B1: 0.2mg (13.43%), Zinc: 1.9mg (12.66%), Vitamin E: 1.88mg (12.56%), Potassium: 367.15mg (10.49%), Vitamin B6: 0.18mg (9.08%), Vitamin B3: 1.61mg (8.05%), Vitamin B12: 0.47µg (7.84%), Copper: 0.16mg (7.77%), Vitamin C: 5.77mg (6.99%), Vitamin B5: 0.66mg (6.61%), Vitamin D: 0.53µg (3.54%)