



Mushroom-Shallot Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 large eggs
- ☐ 1 large egg whites lightly beaten
- ☐ 2 large eggs
- ☐ 5 teaspoons thyme sprigs fresh divided chopped
- ☐ 2 spring onion thinly sliced (white and pale green parts only)
- ☐ 1 pinch pepper black
- ☐ 2 tablespoons gruyere cheese finely grated
- ☐ 0.5 pound mushrooms cut into 1/4-inch slices

- ☐ 1 pinch salt
- ☐ 0.3 cup shallots chopped (2 medium)
- ☐ 1 teaspoon sugar
- ☐ 1.5 tablespoons butter unsalted
- ☐ 1 teaspoon water cold
- ☐ 0.8 cup whipping cream

Equipment

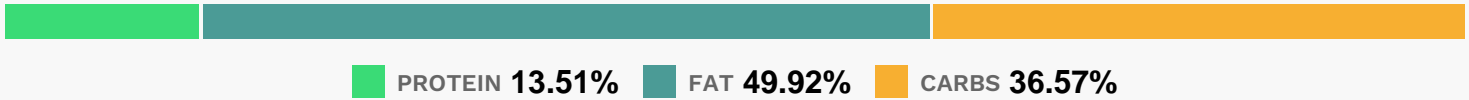
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour, salt, and sugar in processor.
- ☐ Add butter; using on/off turns, process until coarse meal forms.
- ☐ Whisk 1 egg and 1 teaspoon cold water in small bowl; add to flour mixture. Using on/off turns, process just until moist clumps form.
- ☐ Transfer to work surface and knead gently until dough comes together, about 4 turns. Form into ball; flatten into disk. Wrap in plastic and chill 1 hour. Do ahead Dough can be made 1 day ahead. Keep chilled.
- ☐ Butter 9 1/2-inch round fluted tart pan with removable bottom.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer dough to pan, pressing onto bottom and up sides of pan; trim any excess dough. Chill 1 hour.
- ☐ Preheat oven to 400°F. Butter large square of foil and press, butter side down, onto crust. Fill with pie weights or dried beans.

- ☐ Bake 20 minutes.
- ☐ Remove foil and weights. Using fork, pierce bottom of crust all over (about 10 times).
- ☐ Bake until golden, about 10 minutes.
- ☐ Brush lightly with egg white. Cool. Do ahead Can be baked 6 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Add shallots; sauté until soft, about 2 minutes.
- ☐ Add mushrooms; sprinkle with salt and pepper. Increase heat to high and sauté until liquid is absorbed and mushrooms are tender, about 8 minutes.
- ☐ Sprinkle with 2 1/2 teaspoons thyme and cook 1 minute.
- ☐ Transfer mixture to plate. Cool mushrooms completely.
- ☐ Preheat oven to 350°F.
- ☐ Place cooled crust in pan on baking sheet.
- ☐ Sprinkle with remaining 2 1/2 teaspoons thyme.
- ☐ Drain mushrooms, if needed. Scatter mushrooms over thyme.
- ☐ Whisk cream, eggs, salt, and pepper in medium bowl.
- ☐ Pour egg mixture over mushrooms.
- ☐ Sprinkle with green onions and cheese.
- ☐ Bake quiche until custard is set, about 25 minutes. Cool 15 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.68, Glycemic Load:18.67, Inflammation Score:-9, Nutrition Score:12.843913036844%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:

0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 322.31kcal (16.12%), Fat: 18.04g (27.76%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.76g (10.1%), Sugar: 3.65g (4.05%), Cholesterol: 139.56mg (46.52%), Sodium: 99.63mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Selenium: 24.71µg (35.3%), Vitamin B2: 0.53mg (31.14%), Folate: 85.15µg (21.29%), Vitamin B1: 0.31mg (20.41%), Phosphorus: 175.66mg (17.57%), Vitamin B3: 3.34mg (16.69%), Vitamin A: 826.2IU (16.52%), Manganese: 0.32mg (15.77%), Iron: 2.63mg (14.61%), Vitamin B5: 1.25mg (12.52%), Copper: 0.21mg (10.72%), Calcium: 105.07mg (10.51%), Vitamin K: 9.91µg (9.44%), Potassium: 295.53mg (8.44%), Vitamin B6: 0.16mg (8.2%), Fiber: 1.98g (7.94%), Vitamin D: 1.13µg (7.56%), Zinc: 1.1mg (7.37%), Vitamin C: 5.44mg (6.6%), Vitamin B12: 0.38µg (6.25%), Magnesium: 24.07mg (6.02%), Vitamin E: 0.68mg (4.54%)