



New potato, spring onion & Montgomery cheddar quiche

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



522 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 225 g flour plain for dusting
- ☐ 140 g butter diced cold
- ☐ 1 tsp powdered sugar
- ☐ 1 egg yolk
- ☐ 2 bunches spring onion sliced
- ☐ 250 g cheddar cheese diced
- ☐ 5 eggs

- ☐ 100 ml milk
- ☐ 200 ml double cream
- ☐ 250 g baby potatoes cooked peeled halved quartered

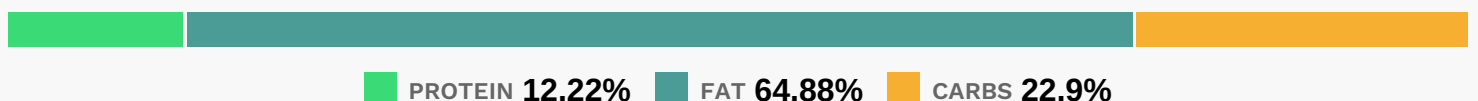
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Sift the flour and a pinch of salt into a large bowl.
- ☐ Add the butter and rub in until it resembles breadcrumbs. Stir in the icing sugar, egg yolk and 3 tbsp cold water, then quickly bring together to form a firm dough. Wrap well in cling film and allow to rest for 20 mins in the fridge.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out the pastry on a lightly floured surface and line a deep 23cm tart tin. Cover with baking parchment and fill with baking beans. Cook for 20 mins, then remove the paper and beans and cook for 5-10 mins more until the tart case is pale and sandy in texture (see p14 for tips on making and baking pastry).
- ☐ Remove and turn the oven down to 160C/140C fan/gas
- ☐ Spread the base of the tart with the potatoes, onions and cheddar.
- ☐ Whisk together the eggs, milk and cream, then season.
- ☐ Pour into the tart case and cook for 40-45 mins or until just set.
- ☐ Remove, cool on a wire rack then serve.

Nutrition Facts



Properties

Glycemic Index:38.22, Glycemic Load:20.05, Inflammation Score:-7, Nutrition Score:15.168260843857%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 522.36kcal (26.12%), Fat: 37.84g (58.21%), Saturated Fat: 22.15g (138.43%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 28.44g (10.34%), Sugar: 2.35g (2.61%), Cholesterol: 225.44mg (75.15%), Sodium: 372.12mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.07%), Selenium: 29.39µg (41.98%), Vitamin B2: 0.5mg (29.42%), Phosphorus: 288.56mg (28.86%), Calcium: 288.19mg (28.82%), Vitamin A: 1382.42IU (27.65%), Folate: 84.61µg (21.15%), Vitamin B1: 0.29mg (19.08%), Vitamin K: 16.01µg (15.25%), Zinc: 1.99mg (13.29%), Manganese: 0.26mg (13.1%), Vitamin B12: 0.76µg (12.66%), Iron: 2.26mg (12.55%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.2mg (10.08%), Vitamin B5: 0.97mg (9.7%), Vitamin D: 1.4µg (9.35%), Vitamin C: 7.44mg (9.01%), Vitamin E: 1.28mg (8.52%), Potassium: 290.12mg (8.29%), Magnesium: 30.08mg (7.52%), Fiber: 1.6g (6.41%), Copper: 0.11mg (5.7%)