



## Pepperoni Pizza Quiche

READY IN



80 min.

SERVINGS



8

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 14 ounces tomatoes diced undrained canned
- 2 tablespoons canola oil
- 0.1 teaspoon ground pepper
- 0.1 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 4 eggs
- 1.5 cups half and half
- 0.3 cup olives ripe sliced
- 1 large onion chopped

- 0.5 teaspoon oregano dried
- 4 ounces part-skim mozzarella cheese shredded
- 0.1 teaspoon pepper
- 12 slices pepperoni chopped
- 1 pie crust dough (9 inches)
- 0.5 teaspoon salt
- 0.3 teaspoon sugar
- 4 ounces swiss cheese shredded divided

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk

## Directions

- Bake unpricked pastry shell at 375° for 11 minutes.
- Sprinkle with 2/3 cup Swiss cheese. In a bowl, whisk the eggs, cream, salt, oregano, cayenne and pepper; pour over cheese.
- Bake for 25–30 minutes or until a knife inserted near the center comes out clean.
- Meanwhile, in a large skillet, saute onion in oil until tender. Stir in the tomatoes, thyme, sugar and basil. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until liquid has evaporated.
- Sprinkle remaining Swiss cheese over quiche. Top with the tomato mixture.
- Sprinkle with the pepperoni, mozzarella cheese and olives.
- Bake 5 minutes longer or until the cheese is melted.
- Let stand for 15 minutes before cutting.

## Nutrition Facts



■ PROTEIN 15.95% ■ FAT 64.39% ■ CARBS 19.66%

## Properties

Glycemic Index:27.64, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:11.260869523753%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## Nutrients (% of daily need)

Calories: 349.03kcal (17.45%), Fat: 25.14g (38.67%), Saturated Fat: 10.52g (65.76%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.68g (5.7%), Sugar: 4.25g (4.72%), Cholesterol: 122.89mg (40.96%), Sodium: 590.14mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Calcium: 328.17mg (32.82%), Phosphorus: 269.23mg (26.92%), Selenium: 16.79µg (23.99%), Vitamin B2: 0.35mg (20.73%), Vitamin B12: 0.87µg (14.42%), Zinc: 1.75mg (11.69%), Vitamin E: 1.73mg (11.54%), Vitamin A: 558.26IU (11.17%), Manganese: 0.2mg (10.03%), Iron: 1.74mg (9.64%), Folate: 37.49µg (9.37%), Vitamin B6: 0.18mg (9.15%), Vitamin K: 9.07µg (8.64%), Vitamin B1: 0.13mg (8.37%), Vitamin C: 6.47mg (7.84%), Potassium: 267.05mg (7.63%), Vitamin B5: 0.75mg (7.46%), Magnesium: 27.33mg (6.83%), Fiber: 1.58g (6.34%), Vitamin B3: 1.21mg (6.05%), Copper: 0.1mg (4.89%), Vitamin D: 0.52µg (3.48%)