

Pesto, Goat Cheese, and Sun-dried Tomatoes Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 eggs
- 1 tablespoon flour all-purpose
- 4 tablespoons goat cheese crumbled
- 0.5 cup half and half
- 8 sun-dried olives drained cut into strips
- 4 tablespoons basil pesto
- 8 servings pepper black freshly ground to taste
- 19-inch pie crust dough ()

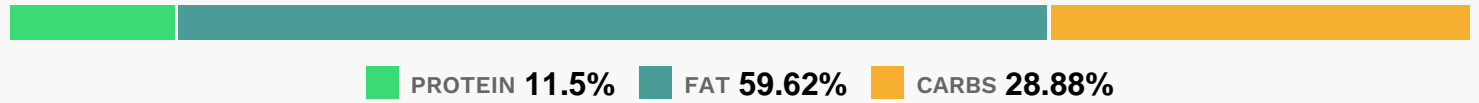
Equipment

- bowl
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Spread pesto evenly in the bottom of the pie crust.
- Sprinkle goat cheese over pesto.
- In a large bowl, beat together eggs, half-and-half cream, and flour. Season with salt and pepper.
- Pour over goat cheese in pie crust. Arrange sun-dried tomatoes on top.
- Bake in preheated oven for 30 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:5.2491304096968%

Nutrients (% of daily need)

Calories: 213.99kcal (10.7%), Fat: 14.15g (21.77%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 14.38g (5.23%), Sugar: 1.74g (1.94%), Cholesterol: 70.49mg (23.5%), Sodium: 232.97mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin B2: 0.19mg (11.08%), Selenium: 7.6µg (10.86%), Phosphorus: 91.25mg (9.12%), Manganese: 0.18mg (8.92%), Vitamin A: 384.43IU (7.69%), Iron: 1.36mg (7.54%), Folate: 29.64µg (7.41%), Vitamin B1: 0.1mg (6.85%), Copper: 0.11mg (5.72%), Calcium: 54.83mg (5.48%), Vitamin B5: 0.49mg (4.93%), Vitamin B3: 0.97mg (4.86%), Fiber: 1.04g (4.17%), Potassium: 139.74mg (3.99%), Vitamin B6: 0.07mg (3.65%), Zinc: 0.5mg (3.31%), Magnesium: 12.62mg (3.15%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 3.22µg (3.07%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.34mg (2.27%), Vitamin C: 0.92mg (1.12%)