



Potato-Crusted Quiche

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 3 large eggs plus 3 egg yolks
- ☐ 0.8 cup chives fresh chopped
- ☐ 6 ounces gruyère cheese grated
- ☐ 2 cups half-and-half
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 pinch nutmeg freshly grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 medium russet potatoes peeled

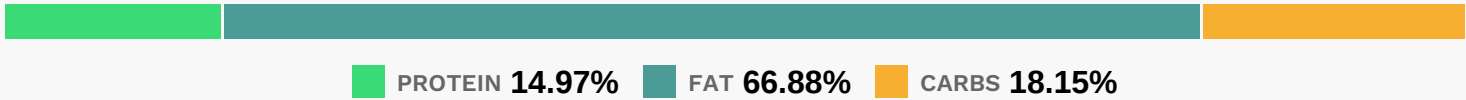
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Preheat the oven to 450 degrees F. Slice the potatoes lengthwise into thin ovals (use a mandoline if you have one). Toss with the olive oil and season with salt and pepper, then arrange in a single layer on 2 baking sheets.
- ☐ Bake until tender and pliable but not brown, 10 to 15 minutes. Line the side of a 9-inch pie plate with overlapping potato slices so they stick out above the rim; line the bottom with the remaining slices.
- ☐ Whisk the eggs and egg yolks, half-and-half, chives, nutmeg, 1/2 teaspoon salt, and pepper to taste in a bowl; stir in 1 cup cheese.
- ☐ Pour into the potato-lined pie plate and scatter the remaining 1/2 cup cheese on top. Reduce the oven temperature to 350 degrees F and bake the quiche until just set in the center, 40 to 50 minutes.
- ☐ Let cool at least 20 minutes before slicing.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:7.62, Inflammation Score:-5, Nutrition Score:9.2239130683567%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg,

Kaempferol: 0.38mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 277.85kcal (13.89%), Fat: 20.88g (32.12%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 11.94g (4.34%), Sugar: 3.05g (3.38%), Cholesterol: 113.41mg (37.8%), Sodium: 388.47mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.03%), Calcium: 298.48mg (29.85%), Phosphorus: 242.7mg (24.27%), Vitamin B2: 0.23mg (13.67%), Vitamin A: 671.56IU (13.43%), Vitamin B6: 0.26mg (12.94%), Vitamin K: 13.51µg (12.87%), Selenium: 8.84µg (12.63%), Vitamin B12: 0.58µg (9.66%), Potassium: 337.71mg (9.65%), Zinc: 1.39mg (9.27%), Vitamin E: 1.14mg (7.63%), Magnesium: 28.08mg (7.02%), Vitamin C: 5.76mg (6.98%), Vitamin B5: 0.66mg (6.57%), Folate: 24.74µg (6.18%), Vitamin B1: 0.09mg (5.94%), Manganese: 0.11mg (5.47%), Iron: 0.79mg (4.41%), Copper: 0.08mg (3.97%), Vitamin B3: 0.67mg (3.34%), Fiber: 0.81g (3.25%), Vitamin D: 0.47µg (3.15%)