



Potato-Crusted Quiche

 Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 cup butter melted
- 1.5 cups triple cheddar cheese shredded with a touch of philadelphia kraft
- 0.5 cup knudsen cream sour
- 3 eggs
- 4 green onions sliced
- 3 cups ore-ida hash brown potatoes shredded thawed
- 0.5 cup milk

Equipment

- bowl
- paper towels
- oven
- whisk

Directions

- Heat oven to 375F.
- Pat hash browns dry with paper towels; place in bowl.
- Add butter; mix lightly. Press onto bottom and up side of 9-inch pie plate.
- Bake 20 min. or until golden brown. Meanwhile, whisk eggs and milk in medium bowl until blended. Stir in sour cream, then cheese and onions.
- Reduce oven temperature to 350F.
- Pour filling into crust.
- Bake 30 min. or until center is set and crust is golden brown.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:7.18, Inflammation Score:-6, Nutrition Score:14.09565226928%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 424.02kcal (21.2%), Fat: 29.28g (45.05%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 24.25g (8.82%), Sugar: 2.4g (2.66%), Cholesterol: 173.01mg (57.67%), Sodium: 377.83mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Calcium: 329.93mg (32.99%), Phosphorus: 315.15mg (31.52%), Selenium: 19.56µg (27.95%), Vitamin B2: 0.37mg (21.86%), Vitamin K: 21.98µg (20.93%), Vitamin A: 1044.4IU (20.89%), Vitamin C: 12.34mg (14.96%), Potassium: 516.21mg (14.75%), Zinc: 2.07mg (13.82%), Vitamin B12: 0.79µg (13.23%), Vitamin B5: 1.14mg (11.4%), Vitamin B3: 2.24mg (11.18%), Vitamin B1:

0.17mg (11.1%), Manganese: 0.21mg (10.68%), Iron: 1.91mg (10.62%), Vitamin B6: 0.21mg (10.42%), Magnesium: 33.56mg (8.39%), Copper: 0.17mg (8.36%), Folate: 32.43µg (8.11%), Fiber: 2.01g (8.05%), Vitamin D: 1µg (6.67%), Vitamin E: 0.95mg (6.31%)