



Provolone and Pesto Quiche

READY IN



70 min.

SERVINGS



8

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 5 eggs
- 1.5 cups milk
- 0.3 cup parmesan cheese grated
- 3 tablespoons basil pesto refrigerated
- 8 oz provolone cheese shredded
- 0.5 cup bell pepper red chopped
- 1 box pie crust dough refrigerated softened pillsbury®
- 0.3 teaspoon salt

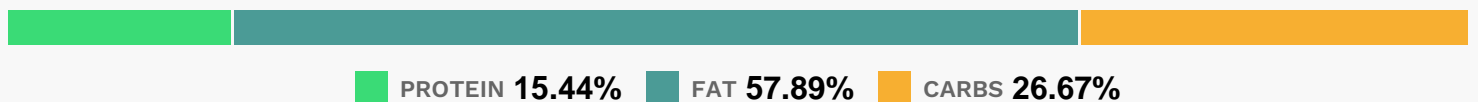
Equipment

- bowl
- oven
- knife
- whisk
- aluminum foil

Directions

- Heat oven to 425°F. Make pie crust as directed on box for One-Crust Filled Pie using 9-inch glass pie plate.
- Bake 7 minutes.
- Remove crust from oven; sprinkle 1 cup of the Provolone cheese over bottom of crust.
- In small bowl, mix pesto and Parmesan cheese until smooth. Carefully spread over Provolone cheese.
- Sprinkle with bell pepper and remaining Provolone cheese.
- In large bowl, with wire whisk, beat eggs, milk and salt until well blended.
- Pour over cheese.
- Bake 7 minutes. Reduce oven temperature to 325°F; bake 15 minutes. Cover edge of crust with foil.
- Bake 23 to 28 minutes longer or until set and knife inserted in center comes out clean.
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:12.447391323421%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 432.13kcal (21.61%), Fat: 27.64g (42.52%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 27.11g (9.86%), Sugar: 3.03g (3.37%), Cholesterol: 130.52mg (43.51%), Sodium: 647.36mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Calcium: 332.87mg (33.29%), Phosphorus: 299.5mg (29.95%), Selenium: 17.38µg (24.82%), Vitamin B2: 0.38mg (22.56%), Vitamin A: 904.6IU (18.09%), Vitamin B12: 0.95µg (15.8%), Vitamin C: 11.92mg (14.45%), Folate: 55.23µg (13.81%), Vitamin B1: 0.19mg (12.36%), Manganese: 0.25mg (12.33%), Zinc: 1.84mg (12.28%), Iron: 2.02mg (11.2%), Vitamin B5: 0.97mg (9.69%), Vitamin D: 1.21µg (8.07%), Vitamin B3: 1.56mg (7.78%), Vitamin B6: 0.15mg (7.5%), Magnesium: 26.44mg (6.61%), Potassium: 219.61mg (6.27%), Fiber: 1.54g (6.14%), Vitamin E: 0.77mg (5.13%), Vitamin K: 5µg (4.76%), Copper: 0.07mg (3.4%)