



## Quiche

READY IN



80 min.

SERVINGS



8

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 0.5 cup ham diced cooked
- 3 eggs
- 4 teaspoons flour all-purpose
- 2 tablespoons parsley fresh chopped for garnish
- 0.3 teaspoon ground mustard dry
- 1 cup milk
- 2 tablespoons pimento peppers chopped
- 0.3 teaspoon salt
- 1.5 cups swiss cheese shredded

1 9-inch unbaked pie crust ()

## Equipment

bowl

oven

plastic wrap

aluminum foil

## Directions

In medium bowl, toss 4 teaspoons flour with the grated cheese.

Sprinkle mixture into the pie shell. On top of cheese, sprinkle 1/2 cup of diced ham.

In medium bowl, combine eggs, milk or cream, and then add salt and mustard powder. Beat until smooth and pour over cheese and ham.

Put piece of plastic wrap large enough to overlap sides over top of quiche, then a piece of foil, and seal well around the edges. (plastic keeps the foil from sticking to the food).

Place prepared quiche in freezer.

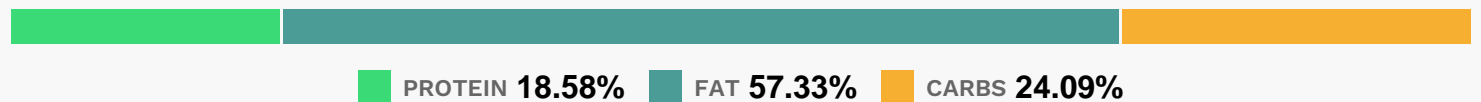
When ready to prepare, preheat oven to 400 degrees F (200 degrees C.)

Remove foil and plastic wrap. Put foil around edge of crust to protect it.

Bake in the preheated oven for 60 minutes, or until filling is set and crust is golden brown.

Garnish with parsley and pimienta if desired

## Nutrition Facts



## Properties

Glycemic Index:27.13, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:9.3339130152827%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 251.62kcal (12.58%), Fat: 15.93g (24.51%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 14.29g (5.2%), Sugar: 1.67g (1.85%), Cholesterol: 89.03mg (29.68%), Sodium: 330.2mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.23%), Calcium: 234.16mg (23.42%), Phosphorus: 221.3mg (22.13%), Selenium: 15.04µg (21.49%), Vitamin K: 19.04µg (18.13%), Vitamin B12: 1.02µg (17.04%), Vitamin B2: 0.25mg (14.53%), Zinc: 1.52mg (10.15%), Vitamin A: 490.66IU (9.81%), Vitamin B1: 0.14mg (9.47%), Vitamin C: 6.88mg (8.34%), Folate: 31µg (7.75%), Iron: 1.22mg (6.76%), Manganese: 0.13mg (6.71%), Vitamin B5: 0.63mg (6.26%), Vitamin B3: 1.09mg (5.43%), Vitamin B6: 0.1mg (5.14%), Magnesium: 18.77mg (4.69%), Vitamin D: 0.67µg (4.44%), Potassium: 141.32mg (4.04%), Fiber: 0.78g (3.12%), Vitamin E: 0.47mg (3.12%), Copper: 0.05mg (2.71%)