



Quiche for One

READY IN



45 min.

SERVINGS



1

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.5 slices ham crumbled cooked
- ☐ 1 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 1 serving sprinkling of nutmeg freshly grated
- ☐ 2 ounces pastry dough ; if frozen (preceding recipe)
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan

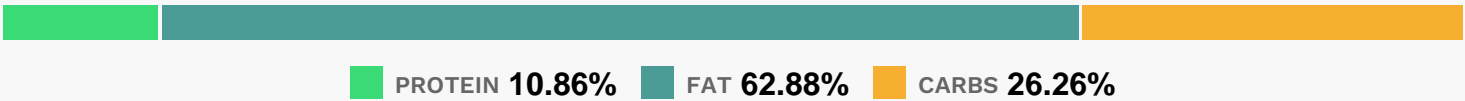
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Preheat the oven to 450°. If the dough is very cold, let it warm up in the kitchen until it feels pliable.
- ☐ Roll it out on a lightly floured board to a circle approximately 9 inches in diameter, and fit it into the small tart form, pressing it firmly around the edges, trimming the overhang. Prick the bottom, then line the pan with foil buttered on its underside and fill it with dried beans or small baking stones.
- ☐ Bake for 10 minutes at 425°, turn down the heat to 375°, remove the foil and beans, prick the bottom again, and bake another 2 minutes.
- ☐ Meanwhile, as the shell is baking, crack the egg into a measuring cup, and add enough cream to make a scant 1/2 cup.
- ☐ Add the seasonings, and mix well. Scatter the prosciutto, ham, or bacon over the bottom of the tart, and pour in the egg-cream mixture, which will fill the tart shell right up to the top (if you have a little too much, just discard or add it to some scrambled eggs).
- ☐ Place on a Silpat-or foil-lined baking pan and bake for 25 minutes.
- ☐ Remove from the oven and let set for about 5 minutes, if you can wait that long before you dive in.
- ☐ Variations
- ☐ A quiche is a great catchall for goodies lurking in the fridge. You can vary the above just by adding a tablespoon or so of grated cheese—Gruyère, aged Cheddar or Gouda, or a French mountain cheese—you name it. Sautéed mushrooms, cooked asparagus, spinach, and zucchini make good fillings, as do cooked seafood, sausage, and spicy meats.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Bake It!; and The Book of New New England Cookery. She also collaborated with Angus Cameron on The L. L. Bean Game and Fish Cookbook, and has contributed to Vogue, Saveur,

and Gourmet magazines. In 2006, she was awarded the James Beard Foundation Lifetime Achievement Award. She lives in New York City and Vermont.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:11.32, Inflammation Score:-6, Nutrition Score:13.40608695279%

Nutrients (% of daily need)

Calories: 503.87kcal (25.19%), Fat: 35.13g (54.04%), Saturated Fat: 18.2g (113.74%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.52g (11.46%), Sugar: 2.59g (2.88%), Cholesterol: 261.15mg (87.05%), Sodium: 1022.05mg (44.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.29%), Selenium: 32.79µg (46.84%), Vitamin B2: 0.54mg (32.03%), Vitamin B1: 0.38mg (25.25%), Vitamin A: 1151.13IU (23.02%), Phosphorus: 197.57mg (19.76%), Folate: 77.3µg (19.32%), Manganese: 0.35mg (17.27%), Iron: 2.87mg (15.94%), Vitamin B3: 2.89mg (14.47%), Vitamin D: 2µg (13.33%), Vitamin B5: 1.16mg (11.56%), Vitamin B12: 0.6µg (10%), Zinc: 1.25mg (8.34%), Vitamin B6: 0.16mg (7.9%), Calcium: 78.15mg (7.81%), Vitamin E: 1.17mg (7.8%), Copper: 0.13mg (6.29%), Fiber: 1.49g (5.97%), Magnesium: 23.78mg (5.95%), Potassium: 198.36mg (5.67%), Vitamin K: 3.47µg (3.31%)