



Quiche in Prosciutto Cups

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon olives black chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 egg whites
- ☐ 0.5 teaspoon rosemary leaves fresh plus more for garnish chopped
- ☐ 3 tablespoons nonfat greek yogurt plain
- ☐ 4 slices pancetta fat trimmed halved
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs whole

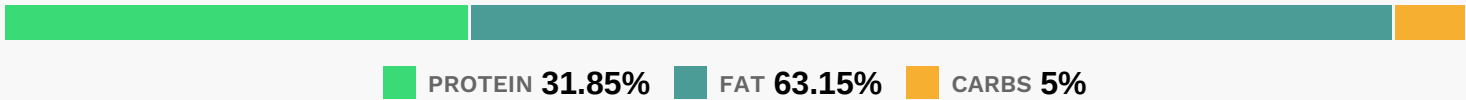
Equipment

- ☐ oven
- ☐ whisk
- ☐ mini muffin tray

Directions

- ☐ Heat oven to 400°F. Coat a mini muffin pan with cooking spray. Press 1 piece prosciutto into each of 8 cups.
- ☐ Whisk egg whites and whole egg until smooth.
- ☐ Whisk in yogurt, olives, rosemary, salt and pepper. Divide mixture among cups.
- ☐ Bake, uncovered, until quiches are cooked through, 10 to 12 minutes.
- ☐ Garnish with rosemary.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2565217406853%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 33.41kcal (1.67%), Fat: 2.3g (3.54%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.26g (0.29%), Cholesterol: 23.38mg (7.79%), Sodium: 137.04mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Selenium: 4.56µg (6.51%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 25.52mg (2.55%), Vitamin B12: 0.12µg (1.92%), Vitamin B5: 0.14mg (1.4%), Vitamin B6: 0.02mg (1.22%), Calcium: 10.77mg (1.08%), Potassium: 36.56mg (1.04%), Zinc: 0.15mg (1.01%)