



Quiche (Southern Egg Pie)

READY IN



90 min.

SERVINGS



8

CALORIES



469 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 9-inch unbaked deep dish pie crust
- ☐ 4 eggs
- ☐ 12 ounce spicy ground pork sausage
- ☐ 0.5 cup milk
- ☐ 0.5 onion chopped
- ☐ 0.5 cup salad dressing ranch-style
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounce cheddar cheese shredded
- ☐ 1 pinch sugar white

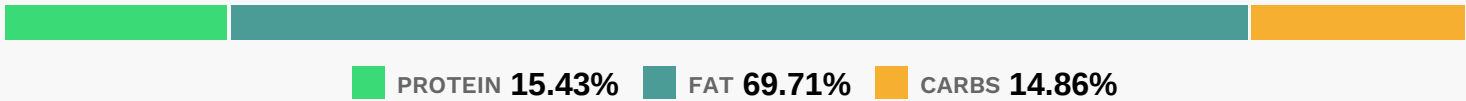
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Heat butter in a large skillet over medium heat.
- ☐ Saute onion until soft.
- ☐ Add sausage, and cook until evenly brown.
- ☐ Drain, crumble, and set aside.
- ☐ In a medium bowl, whisk together eggs, Ranch dressing and milk. Stir in shredded cheese. Season with hot sauce, salt, pepper and sugar.
- ☐ Spread sausage mixture in the bottom of crust. Cover with egg mixture, and shake lightly to remove air, and to level contents.
- ☐ Bake in preheated oven for 15 to 20 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake 45 to 50 minutes, or until filling is puffed and golden brown.
- ☐ Remove from oven, prick top with a knife, and let cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:11.429565243099%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 468.79kcal (23.44%), Fat: 36.15g (55.61%), Saturated Fat: 13.79g (86.17%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 16.81g (6.11%), Sugar: 2.91g (3.24%), Cholesterol: 146.4mg (48.8%), Sodium: 943.78mg (41.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (36.01%), Phosphorus: 270.04mg (27%), Calcium: 245.02mg (24.5%), Selenium: 16.68µg (23.84%), Vitamin B2: 0.34mg (20.08%), Zinc: 2.46mg (16.42%), Vitamin B12: 0.94µg (15.72%), Vitamin B1: 0.21mg (14.19%), Vitamin B3: 2.78mg (13.91%), Vitamin K: 13.57µg (12.93%), Vitamin B6: 0.23mg (11.37%), Vitamin A: 508.62IU (10.17%), Folate: 39.83µg (9.96%), Vitamin B5: 0.91mg (9.09%), Vitamin D: 1.33µg (8.87%), Iron: 1.6mg (8.86%), Vitamin E: 1.25mg (8.31%), Manganese: 0.16mg (8.01%), Potassium: 229.07mg (6.54%), Magnesium: 23.78mg (5.94%), Copper: 0.08mg (4.07%), Fiber: 0.51g (2.05%), Vitamin C: 0.87mg (1.05%)