

Quiche Supreme

READY IN



75 min.

SERVINGS



16

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4.5 ounce mushrooms drained chopped canned
- ☐ 12 ounces ham cooked chopped
- ☐ 2 9-inch deep dish pie crusts frozen
- ☐ 1 pinch parsley dried
- ☐ 0.1 teaspoon tarragon dried
- ☐ 6 eggs
- ☐ 1 pinch garlic powder
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 pinch ground nutmeg

- ☐ 2 cups heavy cream
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 1 small onion finely chopped
- ☐ 16 servings salt and pepper to taste
- ☐ 8 ounces swiss cheese shredded
- ☐ 0.5 teaspoon vinegar

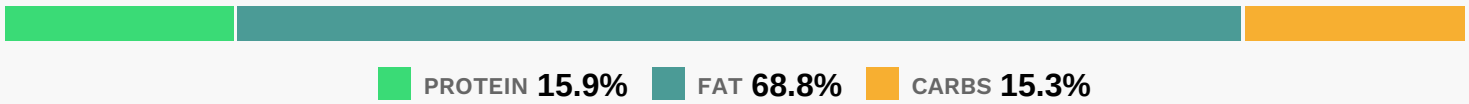
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C) and pre-bake crusts for 10 minutes. Set aside to cool on racks.
- ☐ In a large skillet, saute green pepper, onion and mushrooms until onions are soft and translucent.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, mix eggs and cream together. Stir in the shredded Jack and Swiss cheese, chopped ham and sauteed vegetables. Stir in vinegar and season with tarragon, garlic powder, nutmeg, parsley, salt and pepper. Divide filling into the 2 baked pie crusts.
- ☐ Bake in the preheated oven for 55 to 60 minutes, or until filling is set and crusts are golden brown.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:10.989565206611%

Flavonoids

Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 401.68kcal (20.08%), Fat: 30.79g (47.37%), Saturated Fat: 15.33g (95.79%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 14.7g (5.34%), Sugar: 1.41g (1.57%), Cholesterol: 136.32mg (45.44%), Sodium: 716.21mg (31.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.03%), Phosphorus: 282.65mg (28.27%), Calcium: 270.78mg (27.08%), Selenium: 18.12µg (25.89%), Vitamin B2: 0.33mg (19.14%), Vitamin B12: 1.04µg (17.33%), Vitamin A: 757.25IU (15.14%), Vitamin B1: 0.2mg (13.51%), Zinc: 2mg (13.36%), Folate: 37.21µg (9.3%), Manganese: 0.17mg (8.73%), Vitamin B3: 1.66mg (8.29%), Vitamin B5: 0.78mg (7.78%), Iron: 1.36mg (7.53%), Vitamin C: 6.01mg (7.29%), Vitamin B6: 0.14mg (6.99%), Vitamin K: 6.7µg (6.38%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.91µg (6.05%), Magnesium: 23.39mg (5.85%), Potassium: 178.21mg (5.09%), Copper: 0.1mg (4.76%), Fiber: 0.7g (2.81%)