



Quiche with Artichoke Hearts and Parmesan

READY IN



55 min.

SERVINGS



15

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 large eggs
- 9 ounces artichoke hearts frozen thawed
- 2.5 cups half-and-half
- 1 onion chopped
- 1 cup parmesan grated
- 2 pie shells frozen
- 15 servings salt and pepper
- 2 tablespoons butter unsalted

Equipment

- frying pan
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Preheat oven to 400F. Line pie shells with foil and fill with dried beans.
- Bake for 10 minutes.
- Remove foil and beans, lower temperature to 350F and bake until lightly browned, 3 to 5 minutes. Cool slightly on a wire rack.
- Melt butter in a large skillet over medium-high heat.
- Add onion; saut for 3 minutes. Squeeze moisture from artichokes, add to skillet and saut for 2 minutes. Season with salt and pepper. Divide evenly between shells.
- Whisk eggs, half-and-half, cheese, salt and pepper.
- Pour over artichoke mixture.
- Bake until set in center and lightly golden, 35 to 40 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:6.0656522460606%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 224.4kcal (11.22%), Fat: 15.13g (23.28%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 13.72g (4.99%), Sugar: 2.08g (2.31%), Cholesterol: 72.26mg (24.09%), Sodium: 445.33mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.53%), Phosphorus: 139.74mg (13.97%), Calcium: 139.35mg (13.93%), Vitamin B2: 0.23mg (13.31%), Selenium: 8.27µg (11.81%), Folate: 46.69µg (11.67%), Manganese: 0.16mg (7.85%), Vitamin A: 340.06IU (6.8%), Vitamin B1: 0.1mg (6.38%), Iron: 1mg (5.56%), Fiber: 1.35g (5.42%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.28µg (4.64%), Zinc: 0.68mg (4.56%), Potassium: 153.14mg (4.38%), Magnesium: 17.33mg (4.33%), Vitamin B3: 0.84mg (4.2%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.4mg (2.7%), Vitamin K: 2.49µg (2.37%), Copper: 0.04mg (2.24%), Vitamin D: 0.33µg (2.19%), Vitamin C: 1.81mg (2.19%)