



Quiche with Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup cornstarch
- 1.5 tbsp dijon mustard
- 1 pound extra-firm tofu
- 1 tsp garlic powder
- 4 cup greens fresh chopped (any)
- 1 tbsp juice of lemon
- 0.3 cup nutritional yeast
- 1 tsp onion powder

- 0.3 tsp pepper flakes red
- 0.5 tsp salt
- 0.5 tsp turmeric

Equipment

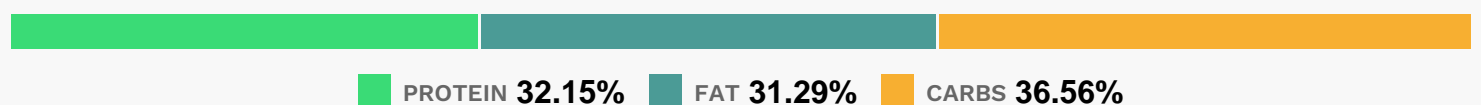
- food processor
- oven
- blender
- spatula
- pie form

Directions

- Preheat oven to 350 F. Grease a shallow 9" pie dish and set aside.
 - Combine all ingredients, except greens, in a food processor or strong blender and whiz until smooth and creamy, stopping to break up chunks and scrape the sides as necessary.
 - Mix in the greens and transfer batter to pie dish. Using a spatula, spread the mixture around so it's even and tight.
 - Bake 30-40 minutes, until golden and the center is not still mushy. Allow to cool at least 10 minutes before slicing (luke warm or room temperature is best for slicing).
- Nutritional Information

- Amount Per Serving
- Calories
- Fat
- Carbohydrate
- 90gDietary Fiber1.70gSugars6.70gProtein0.60g

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:2.7978260828101%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.76kcal (5.09%), Fat: 3.6g (5.53%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8g (2.91%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 247.54mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Calcium: 103.26mg (10.33%), Vitamin C: 7.32mg (8.87%), Iron: 1.41mg (7.83%), Vitamin A: 330.45IU (6.61%), Fiber: 1.45g (5.82%), Manganese: 0.08mg (4.22%), Potassium: 107.29mg (3.07%), Folate: 11.22µg (2.81%), Selenium: 1.74µg (2.49%), Vitamin B6: 0.04mg (2.08%), Phosphorus: 19.51mg (1.95%), Magnesium: 6.38mg (1.59%), Vitamin B1: 0.02mg (1.35%), Copper: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.08%)