



Quiche with Kale, Tomato, and Leek

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 ounces cherry tomatoes halved
- 4 eggs
- 1 sprig rosemary fresh finely chopped
- 0.1 teaspoon ground pepper black
- 4 ounces cheese blend shredded italian
- 1 cup kale chopped
- 1 small leek light white green sliced
- 1 cup milk

1 tablespoon parmesan cheese grated

1 pinch sea salt

Equipment

bowl

sauce pan

oven

pie form

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease an 8-inch pie dish.

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.

Add kale, cover, and steam until tender, 3 to 5 minutes.

Remove from heat and place in prepared pie dish; add sliced leek and cherry tomatoes.

Beat eggs in a bowl; stir in milk and shredded Italian cheese blend, followed by rosemary, sea salt, and ground black pepper.

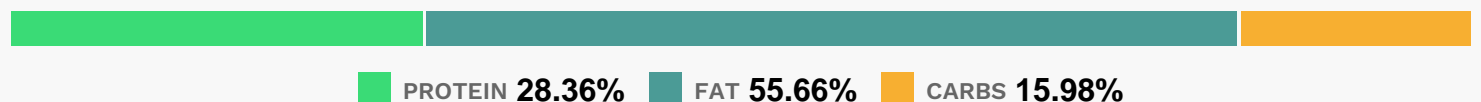
Pour the egg mixture into the pie dish. Stir gently until egg mixture and kale mixture are evenly combined.

Bake quiche in preheated oven until the center has set, about 30 minutes.

Remove from oven and top with grated Parmesan. Continue baking until quiche is lightly browned on top, about 20 more minutes.

Remove from oven and enjoy!

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:5.7786956403566%

Flavonoids

Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 108.24kcal (5.41%), Fat: 6.88g (10.58%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.36g (2.62%), Cholesterol: 88.88mg (29.63%), Sodium: 90.73mg (3.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.88g (15.77%), Vitamin K: 16.08µg (15.32%), Vitamin A: 691.16IU (13.82%), Selenium: 7.76µg (11.09%), Calcium: 98.68mg (9.87%), Vitamin B2: 0.16mg (9.44%), Phosphorus: 87.69mg (8.77%), Vitamin C: 7.02mg (8.51%), Vitamin B12: 0.37µg (6.15%), Folate: 20.99µg (5.25%), Vitamin D: 0.78µg (5.19%), Vitamin B5: 0.49mg (4.9%), Manganese: 0.1mg (4.89%), Vitamin B6: 0.1mg (4.88%), Iron: 0.76mg (4.24%), Potassium: 137.82mg (3.94%), Zinc: 0.48mg (3.2%), Vitamin E: 0.45mg (2.99%), Magnesium: 11.84mg (2.96%), Vitamin B1: 0.04mg (2.72%), Copper: 0.04mg (2.11%), Fiber: 0.42g (1.67%)