



Quick-and-Easy Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup buttermilk biscuit and baking mix low-fat
- 0.5 teaspoon mustard dry
- 1 cup egg substitute
- 0.5 cup green onions chopped
- 0.3 teaspoon hot sauce
- 0.8 cup low-salt diced reduced-fat
- 0.5 cup nonfat milk powder dry instant
- 0.5 ounce parmesan cheese fresh grated
- 0.5 cup nonfat yogurt plain

- 4 ounces sharp cheddar cheese shredded reduced-fat
- 1 cup water

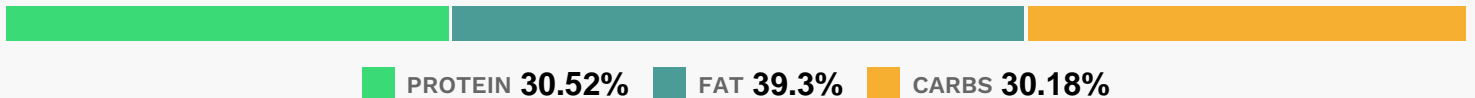
Equipment

- food processor
- bowl
- oven

Directions

- Preheat oven to 35
- Place first 8 ingredients in a food processor, and process 1 minute or until smooth.
- Combine egg substitute mixture, cheddar cheese, ham, and green onions in a medium bowl; stir well.
- Pour mixture into 9-inch pie plate coated with cooking spray.
- Bake at 350 for 40 minutes or until set.
- Let stand 5 minutes before serving.
- Garnish with green onion slices and cherry tomatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:13.086087040279%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 204.26kcal (10.21%), Fat: 8.94g (13.76%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 15g (5.46%), Sugar: 9.06g (10.07%), Cholesterol: 23.11mg (7.7%), Sodium: 454.45mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Selenium: 27.01µg (38.59%), Calcium: 384.14mg (38.41%), Phosphorus: 332.44mg (33.24%), Vitamin B2: 0.51mg (29.89%), Vitamin K: 18.54µg (17.65%), Vitamin B12:

0.96µg (16.01%), Vitamin B5: 1.34mg (13.37%), Zinc: 1.89mg (12.62%), Vitamin D: 1.87µg (12.43%), Vitamin A: 600.96IU (12.02%), Potassium: 399.13mg (11.4%), Vitamin B1: 0.17mg (11.28%), Folate: 36.1µg (9.02%), Magnesium: 32.5mg (8.13%), Iron: 1.37mg (7.61%), Vitamin B6: 0.13mg (6.59%), Vitamin E: 0.85mg (5.67%), Vitamin B3: 1.1mg (5.52%), Vitamin C: 2.8mg (3.39%), Copper: 0.07mg (3.39%), Manganese: 0.06mg (2.96%), Fiber: 0.45g (1.79%)