



WHATSheATE



## Red Pepper and Guyère Quiche

READY IN



145 min.

SERVINGS



8

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- ☐ 1.5 cups flour
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 0.7 cup gruyere cheese grated
- ☐ 0.7 cup heavy whipping cream
- ☐ 2 tablespoons water
- ☐ 2 medium bell pepper diced red
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon butter unsalted

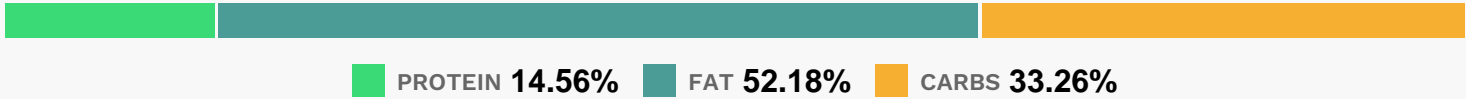
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

## Directions

- ☐ Make Crust: In the bowl of a food processor, combine flour and salt. Pulse to combine.
- ☐ Add butter to flour and pulse until butter is the size of peas, about 10 pulses.
- ☐ Add egg and cold water and pulse until dough comes together, about 1 minute. Cover dough in plastic wrap and chill for one hour.
- ☐ Preheat oven to 40°F. Butter bottom and sides of tart pan.
- ☐ On a lightly floured surface, roll dough out into a 12-inch circle.
- ☐ Transfer crust to tart pan. Prick bottom of dough several times with a fork. Cover dough with foil and fill with pie weights.
- ☐ Bake crust for 20 minutes, remove foil and pie weights, then continue to bake until golden, about 10 minutes.
- ☐ While crust is cooling, make filling. Melt butter in a medium saute pan.
- ☐ Add red pepper and cook until tender, about 10 minutes. Season with salt and pepper.
- ☐ In a medium bowl, whisk together heavy cream and eggs.
- ☐ Lay red pepper along bottom of quiche crust.
- ☐ Pour custard over vegetables.
- ☐ Bake for 20 minutes.
- ☐ Sprinkle top of quiche with cheese and continue to bake until filling is set and top is golden, about 10 minutes.

# Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:13.31, Inflammation Score:-8, Nutrition Score:11.291739183923%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 245.27kcal (12.26%), Fat: 14.23g (21.9%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 19.16g (6.97%), Sugar: 2g (2.22%), Cholesterol: 108.02mg (36.01%), Sodium: 403.24mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.87%), Vitamin C: 38.2mg (46.3%), Vitamin A: 1472.29IU (29.45%), Selenium: 15.94µg (22.77%), Vitamin B2: 0.3mg (17.37%), Folate: 67.33µg (16.83%), Phosphorus: 148.65mg (14.86%), Vitamin B1: 0.22mg (14.55%), Calcium: 141mg (14.1%), Manganese: 0.2mg (10.07%), Iron: 1.58mg (8.81%), Vitamin B3: 1.71mg (8.57%), Vitamin B6: 0.14mg (7.23%), Zinc: 0.96mg (6.4%), Vitamin B12: 0.38µg (6.29%), Vitamin E: 0.93mg (6.23%), Vitamin B5: 0.6mg (5.99%), Vitamin D: 0.78µg (5.23%), Fiber: 1.26g (5.03%), Magnesium: 16.4mg (4.1%), Potassium: 141.96mg (4.06%), Copper: 0.06mg (2.96%), Vitamin K: 2.64µg (2.51%)