



## Salmon and Asparagus Quiche

 **Gluten Free**

READY IN



**80 min.**

SERVINGS



**10**

CALORIES



**199 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 cup asiago cheese shredded
- 14.5 ounce asparagus cuts and tips drained canned
- 3 tablespoons butter
- 4 eggs
- 3 tablespoons garlic chopped
- 0.1 teaspoon ground nutmeg
- 0.1 teaspoon ground pepper black
- 1 cup half-and-half

- 0.5 onion chopped
- 0.5 pound salmon fillet skinless
- 1 pinch salt
- 1 cup cheddar cheese shredded

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- pie form

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Coat a 10-inch pie dish with cooking spray.
- Melt butter in a large skillet over medium heat; cook salmon in the hot butter until fish flakes with a fork, about 5 minutes per side. Separate fillets into pieces; stir asparagus, onion, and garlic into skillet with salmon. Cook and stir until liquid clinging to asparagus pieces has evaporated, about 15 minutes.
- Mix pepper, nutmeg, and 1/2 cup Asiago cheese into salmon mixture.
- Transfer filling into prepared pie dish.
- Whisk eggs, half-and-half, and salt in a bowl; pour egg mixture over filling in pie dish.
- Bake in the preheated oven for 15 minutes; sprinkle quiche with 1/2 cup Asiago cheese and Cheddar cheese. Continue baking until quiche is set, a knife inserted into the middle comes out clean, and cheese topping is melted, 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.3, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:11.339130453441%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 14.73g (22.66%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.84g (2.05%), Cholesterol: 110.15mg (36.72%), Sodium: 353.23mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Selenium: 19.89µg (28.41%), Phosphorus: 213.69mg (21.37%), Vitamin B2: 0.33mg (19.22%), Calcium: 190.92mg (19.09%), Vitamin B12: 1.11µg (18.51%), Vitamin K: 18.1µg (17.24%), Vitamin B6: 0.32mg (16.09%), Vitamin A: 785.4IU (15.71%), Folate: 56.06µg (14.02%), Vitamin B3: 2.26mg (11.3%), Vitamin C: 8.2mg (9.94%), Vitamin B5: 0.87mg (8.7%), Zinc: 1.23mg (8.17%), Potassium: 270.45mg (7.73%), Iron: 1.37mg (7.61%), Vitamin B1: 0.1mg (6.82%), Manganese: 0.13mg (6.6%), Copper: 0.13mg (6.31%), Vitamin E: 0.94mg (6.29%), Magnesium: 21.79mg (5.45%), Fiber: 0.81g (3.25%), Vitamin D: 0.44µg (2.97%)