



Salmon Quiche with Easy, Tasty Tomato Sauce

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 teaspoon lawry's seasoned salt dried crushed to taste
- 3 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons skim milk fat-free
- 4 eggs
- 0.5 cup skim milk fat-free
- 1 cup triple sec shredded
- 1 cup salmon fresh diced

- 0.3 cup onion finely chopped
- 1 tablespoon thyme leaves dried fresh chopped
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.3 cup onion finely chopped
- 0.3 cup bell pepper green finely chopped
- 14.5 oz canned tomatoes diced organic undrained canned
- 0.5 teaspoon seasoning italian
- 0.1 teaspoon garlic powder
- 0.8 teaspoon brown sugar
- 1.3 cups frangelico

Equipment

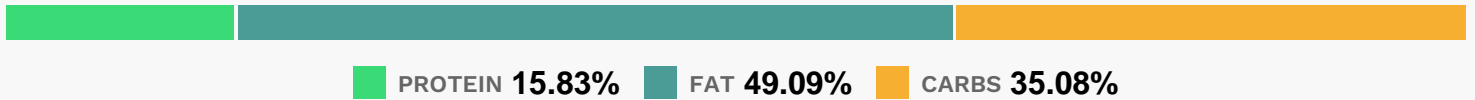
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- tart form

Directions

- Heat oven to 425°F. Spray 9 1/2-inch tart pan with removable bottom with cooking spray.
- In large bowl, stir Bisquick mix and seasoned salt. In small bowl, beat 3 tablespoons olive oil and 3 tablespoons half-and-half with whisk. Stir in the seasoned Bisquick mix until mixture forms a ball. Press mixture firmly against bottom and all the way up side of pan. Set aside.
- In large bowl, beat eggs and 1/2 cup half-and-half until blended. Stir in remaining filling ingredients.
- Pour mixture into crust.
- Place pan on cookie sheet.

- Bake 25 to 35 minutes or until filling is set but still moist and knife inserted in center comes out clean.
- Meanwhile, make sauce. In 10-inch nonstick skillet, heat 1 tablespoon olive oil over medium heat until hot. Reduce heat to low; add 1/4 cup onion and bell pepper. Cook, stirring frequently, until vegetables are crisp-tender.
- Add remaining sauce ingredients.
- Heat to boiling; reduce heat to medium. Simmer uncovered 7 to 9 minutes, stirring frequently. Reduce heat to medium-low; simmer until tomatoes are soft and sauce is thickened.
- Let baked quiche stand 10 minutes; remove from pan.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:9.1665218291075%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 245.2kcal (12.26%), Fat: 10.73g (16.5%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 15.81g (5.75%), Sugar: 13.84g (15.37%), Cholesterol: 92.21mg (30.74%), Sodium: 275.61mg (11.98%), Alcohol: 7.67g (100%), Alcohol %: 5.88% (100%), Caffeine: 7.67mg (2.56%), Protein: 7.78g (15.57%), Selenium: 14.03µg (20.04%), Vitamin B2: 0.25mg (14.88%), Vitamin B6: 0.3mg (14.79%), Vitamin B12: 0.84µg (14.04%), Phosphorus: 132.18mg (13.22%), Vitamin C: 10.88mg (13.19%), Vitamin E: 1.93mg (12.88%), Vitamin B3: 2.11mg (10.53%), Potassium: 348.28mg (9.95%), Copper: 0.18mg (9.06%), Vitamin B5: 0.88mg (8.81%), Iron: 1.49mg (8.29%), Vitamin K: 8.21µg (7.82%), Manganese: 0.15mg (7.57%), Vitamin B1: 0.11mg (7.15%), Folate: 25.48µg (6.37%), Magnesium: 25.44mg (6.36%), Vitamin A: 305.99IU (6.12%), Calcium: 60.88mg (6.09%), Fiber: 1.43g (5.73%), Zinc: 0.75mg (5.01%), Vitamin D: 0.44µg (2.93%)