



Salmon-Sweet Onion Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



457 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 ounce alfredo sauce refrigerated
- 8 servings garnish: basil fresh chopped
- 1 tablespoon butter
- 0.1 teaspoon pepper red crushed
- 2 large eggs
- 1 tablespoon basil fresh chopped
- 1 tablespoon olive oil
- 15 ounce piecrust refrigerated
- 0.8 pound hot-smoked salmon flaked

- 4 cups vidalia sweet very thinly sliced
- 0.5 cup cheddar cheese shredded white

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Place crust in an ungreased 9-inch pie plate; trim off excess pastry along edges. Fold edges under and crimp. Fill with pie weights, rice, or dried beans.
- Bake at 375 for 10 to 12 minutes or until just beginning to brown. Cool; remove weights.
- Heat olive oil and butter in a large skillet over medium heat.
- Add onions; cook, covered, 30 to 40 minutes or until golden.
- Remove from heat.
- Add salmon and cheese; blend well.
- Combine eggs and next 3 ingredients in a small bowl with a wire whisk. Stir in salmon mixture.
- Pour mixture into prepared crust.
- Bake at 350 for 40 to 45 minutes or until center is set.
- Let stand 10 minutes.
- Garnish with fresh basil, if desired.
- Wine note: The sweetness of the onions and the power of salmon are the key components. Again I gravitate to Germany with something a bit more substantial. Try Josef Leitz Rudesheimer Magdalenenkreuz Riesling Kabinett 2002 (\$18)--Steven Geddes

Nutrition Facts

 PROTEIN 14.24%  FAT 56.29%  CARBS 29.47%

Properties

Glycemic Index:27.13, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:14.149130510247%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 457.37kcal (22.87%), Fat: 28.35g (43.61%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 31.3g (11.38%), Sugar: 4.66g (5.18%), Cholesterol: 90.35mg (30.12%), Sodium: 871.2mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Vitamin D: 7.56µg (50.43%), Selenium: 23.07µg (32.96%), Vitamin B12: 1.58µg (26.26%), Phosphorus: 188.48mg (18.85%), Vitamin B3: 3.59mg (17.93%), Manganese: 0.33mg (16.68%), Folate: 65.41µg (16.35%), Vitamin K: 14.92µg (14.21%), Vitamin B2: 0.24mg (14.13%), Vitamin B6: 0.28mg (13.96%), Vitamin B1: 0.2mg (13.12%), Iron: 2.27mg (12.6%), Copper: 0.2mg (10.14%), Calcium: 92.23mg (9.22%), Vitamin E: 1.34mg (8.94%), Vitamin B5: 0.89mg (8.91%), Fiber: 2.1g (8.38%), Potassium: 251.55mg (7.19%), Vitamin A: 348.28IU (6.97%), Magnesium: 27.76mg (6.94%), Zinc: 0.92mg (6.11%), Vitamin C: 4.25mg (5.15%)