



## Salsa Sausage Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



375 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.8 pound sausage meat
- 3 eggs
- 1 pie crust dough (9 inches)
- 1 cup salsa
- 8 ounces cheddar cheese shredded divided

### Equipment

- bowl
- frying pan

oven

knife

## Directions

- Crumble sausage into a large skillet. Cook over medium heat until no longer pink; drain.
- Transfer to the pastry shell.
- Sprinkle with half of the cheese. In a small bowl, lightly beat the eggs; stir in salsa.
- Pour over cheese.
- Bake at 375° for 30–35 minutes or until knife inserted near the center comes out clean.
- Sprinkle with the remaining cheese.
- Bake 5 minutes longer or until the cheese is melted.

## Nutrition Facts

 **PROTEIN 18.07%**  **FAT 67.66%**  **CARBS 14.27%**

## Properties

Glycemic Index:6.88, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:10.329999897791%

## Nutrients (% of daily need)

Calories: 375.07kcal (18.75%), Fat: 28.09g (43.22%), Saturated Fat: 11.44g (71.5%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.22g (4.44%), Sugar: 1.39g (1.55%), Cholesterol: 120.35mg (40.12%), Sodium: 779.4mg (33.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Phosphorus: 245.62mg (24.56%), Calcium: 226.64mg (22.66%), Selenium: 14.59µg (20.85%), Vitamin B2: 0.3mg (17.58%), Zinc: 2.34mg (15.58%), Vitamin B3: 2.96mg (14.82%), Vitamin B12: 0.81µg (13.48%), Vitamin B1: 0.2mg (13.44%), Vitamin B6: 0.25mg (12.28%), Vitamin A: 561.27IU (11.23%), Iron: 1.5mg (8.31%), Vitamin B5: 0.81mg (8.07%), Folate: 30.31µg (7.58%), Potassium: 254.52mg (7.27%), Vitamin D: 1.05µg (7.02%), Manganese: 0.14mg (7.01%), Vitamin E: 0.96mg (6.41%), Magnesium: 23.65mg (5.91%), Fiber: 1.12g (4.47%), Copper: 0.09mg (4.32%), Vitamin K: 3.82µg (3.63%), Vitamin C: 0.92mg (1.11%)