

Sausage Mushroom Quiche

READY IN



50 min.

SERVINGS



6

CALORIES



520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound mushrooms fresh
- 3 eggs
- 0.5 cup parsley fresh chopped
- 1 pound diestel breakfast sausage
- 1 cup half and half
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon salt
- 19-inch pie crust dough ()

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Prepare the mushrooms by snipping off the stems.
- Cut in half if large.
- Crumble the sausage in a large skillet, add the mushrooms, cook on medium-high heat until the meat and mushrooms are lightly browned and all the liquid from the mushrooms has evaporated.
- Drain off the grease.
- Add the parsley.
- In a large bowl, beat the eggs, adding the cream, cheese and salt.
- Pour into the mushroom/sausage mixture; blending well.
- Pour mixture into the pie shell.
- Bake in preheated oven for 25 to 30 minutes, until crust is well browned and the filling is set.
- Let stand 10 minutes before serving.

Nutrition Facts

  
 **PROTEIN 17.25%**  **FAT 65.9%**  **CARBS 16.85%**

Properties

Glycemic Index:15.33, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:20.553478406823%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 519.97kcal (26%), Fat: 38.11g (58.63%), Saturated Fat: 14.23g (88.93%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 20.16g (7.33%), Sugar: 3.29g (3.66%), Cholesterol: 157.64mg (52.55%), Sodium: 922.29mg (40.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.89%), Vitamin K: 85.47µg (81.4%), Vitamin B2: 0.67mg (39.13%), Vitamin B3: 7.32mg (36.58%), Phosphorus: 328.68mg (32.87%), Selenium: 19.9µg (28.42%), Vitamin B1: 0.39mg (25.88%), Vitamin B5: 2.27mg (22.75%), Zinc: 3.04mg (20.26%), Vitamin B6: 0.4mg (19.77%), Vitamin B12: 1.06µg (17.63%), Copper: 0.35mg (17.28%), Potassium: 586.88mg (16.77%), Vitamin A: 811.9IU (16.24%), Iron: 2.84mg (15.76%), Calcium: 151.51mg (15.15%), Folate: 56.59µg (14.15%), Vitamin C: 9.13mg (11.07%), Vitamin D: 1.62µg (10.77%), Manganese: 0.21mg (10.43%), Magnesium: 34.48mg (8.62%), Fiber: 1.75g (7.02%), Vitamin E: 0.72mg (4.78%)