



 2%  
HEALTH SCORE

## Sausage Quiche

READY IN



70 min.

SERVINGS



8

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 8 ounces diestel breakfast sausage
- 1 pie crust dough (9 inches)
- 1 cup cheddar cheese shredded
- 4 large eggs
- 1 pint cup heavy whipping cream
- 0.1 teaspoon nutmeg

## Equipment

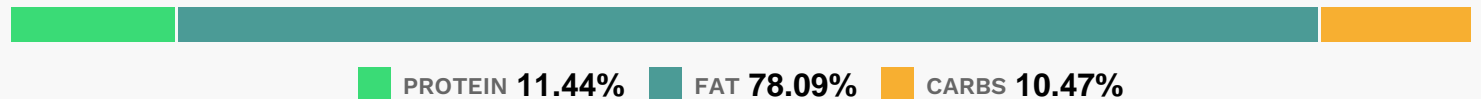
- bowl

- frying pan
- oven
- whisk

## Directions

- Preheat the oven to 350°F. In a skillet, brown the sausages until no longer pink.
- Drain.
- Cut the sausages into small pieces.
- Place the chopped sausage in the pie shell, and sprinkle with the cheese. In a medium bowl, beat the eggs, then whisk in the cream and nutmeg.
- Pour the egg mixture over the cheese.
- Let the quiche rest for 10 minutes to allow it time to set before cutting and serving.

## Nutrition Facts



## Properties

Glycemic Index:15.63, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:9.7034782611805%

## Nutrients (% of daily need)

Calories: 477.94kcal (23.9%), Fat: 41.6g (64.01%), Saturated Fat: 21.33g (133.34%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12.01g (4.37%), Sugar: 1.88g (2.08%), Cholesterol: 194.37mg (64.79%), Sodium: 411.07mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin A: 1167.5IU (23.35%), Vitamin B2: 0.36mg (21.09%), Selenium: 14.66µg (20.94%), Phosphorus: 202.14mg (20.21%), Calcium: 159.55mg (15.95%), Vitamin D: 1.9µg (12.66%), Vitamin B12: 0.71µg (11.8%), Zinc: 1.69mg (11.3%), Vitamin B1: 0.16mg (10.83%), Vitamin B3: 1.97mg (9.86%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.17mg (8.52%), Folate: 32.26µg (8.07%), Iron: 1.39mg (7.71%), Vitamin E: 1.06mg (7.09%), Potassium: 192.59mg (5.5%), Manganese: 0.11mg (5.26%), Magnesium: 18.17mg (4.54%), Vitamin K: 3.97µg (3.78%), Copper: 0.06mg (3.21%), Fiber: 0.54g (2.15%)