



food
network

Savory 3-Cheese Quiche

READY IN



96 min.

SERVINGS



8

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup broccoli florets fresh
- 6 tablespoons butter shortening flavored
- 7 cherry tomatoes
- 0.5 cup marbled jack grated
- 0.5 teaspoon basil dried
- 0.3 teaspoons marjoram dried
- 3 eggs
- 1 cup flour
- 1.5 cup mushrooms fresh sliced

- 0.5 teaspoon garlic powder
- 0.5 cup half-and-half
- 1 cup milk
- 0.5 cup onion chopped
- 3 tablespoon romano grated
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 teaspoon sugar
- 1 cup swiss grated
- 3 tablespoons water cold

Equipment

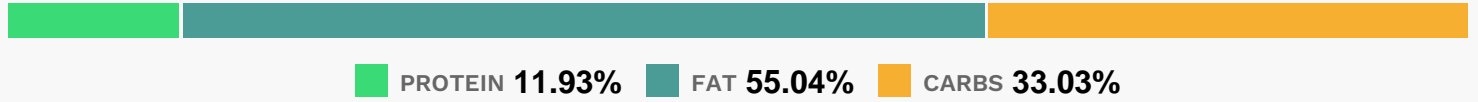
- bowl
- oven
- blender
- plastic wrap

Directions

- Preheat oven to 425 degree F.
- Sprinkle the cheese over the bottom of the pie shell, then evenly distribute the onion, broccoli, and mushroom over the cheese layer.
- Mix the eggs and the spices together in a bowl.
- Add the milk and half-and-half and mix well.
- Pour over contents in the pie shell.
- Cut the cherry tomatoes in halves and place, cut side up, in a ring on top of the mixture.
- Sprinkle the 1 tablespoon of Romano over top.
- Bake for 15 minutes. Turn oven down to 300 degrees F and bake an additional 45 to 55 minutes or until cake tester inserted in middle comes out clean.
- Blend together with pastry blender until crumbly (like coarse cornmeal).

- Add cold water, 1 tablespoon at a time, mixing with a fork until mixture will hold together. Handle as little possible. Wrap in plastic wrap in a "patty" and chill for at least an hour.
- Roll out between Saran Wrap with very little flour.
- Place carefully in a pie plate, being careful not to stretch dough. Trim the edges.

Nutrition Facts



Properties

Glycemic Index:51.64, Glycemic Load:11.48, Inflammation Score:-6, Nutrition Score:11.979565247245%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 237.12kcal (11.86%), Fat: 14.75g (22.7%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.48g (6.72%), Sugar: 5.7g (6.33%), Cholesterol: 72.28mg (24.09%), Sodium: 302.38mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin K: 56.03µg (53.37%), Vitamin C: 17.56mg (21.28%), Selenium: 13.87µg (19.81%), Vitamin B2: 0.33mg (19.61%), Phosphorus: 144.21mg (14.42%), Folate: 54.39µg (13.6%), Vitamin B1: 0.2mg (13.31%), Vitamin A: 630.92IU (12.62%), Calcium: 101.84mg (10.18%), Manganese: 0.2mg (10.17%), Vitamin B3: 1.92mg (9.58%), Vitamin B5: 0.95mg (9.52%), Potassium: 314.26mg (8.98%), Iron: 1.51mg (8.41%), Vitamin B6: 0.17mg (8.38%), Vitamin E: 1.13mg (7.55%), Copper: 0.13mg (6.69%), Magnesium: 25mg (6.25%), Vitamin B12: 0.37µg (6.14%), Fiber: 1.44g (5.76%), Zinc: 0.77mg (5.16%), Vitamin D: 0.71µg (4.74%)