



Savory Leek & Ham Quiche

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 eggs
- 1.5 cups half-and-half
- 0.5 cup oscar mayer ham smoked chopped
- 0.8 lb leeks halved lengthwise cut into 1/4-inch-thick slices (2-1/2 cups) (3 medium)
- 1 Tbsp oil
- 1 ready-to-use pie crust refrigerated
- 1 cup swiss cheese shredded kraft

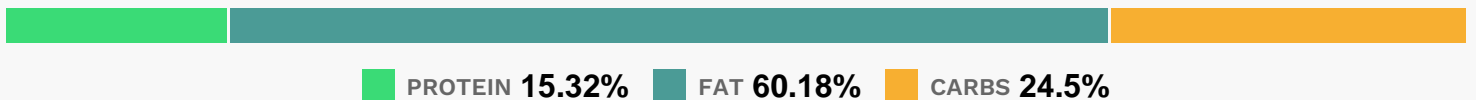
Equipment

- frying pan
- oven
- knife
- whisk

Directions

- Preheat oven to 375F.
- Heat oil in large skillet on medium heat.
- Add leeks; cook and stir 8 to 10 min. or until tender. Stir in ham.
- Remove from heat; set aside.
- Prepare pie crust as directed on package for unfilled 1-crust pie using 9-inch pie plate.
- Sprinkle half of the cheese evenly onto bottom of crust. Top with leek mixture and remaining cheese. Beat eggs and half-and-half with wire whisk until well blended; pour over ingredients in crust.
- Bake 35 to 40 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:13.92, Inflammation Score:-10, Nutrition Score:72.724782694941%

Flavonoids

Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg, Kaempferol: 9.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 2429.93kcal (121.5%), Fat: 163.04g (250.83%), Saturated Fat: 69.91g (436.92%), Carbohydrates: 149.39g (49.8%), Net Carbohydrates: 139.02g (50.55%), Sugar: 28.91g (32.12%), Cholesterol: 925.61mg (308.54%), Sodium: 2265.39mg (98.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.37g (186.74%), Selenium: 127.14µg (181.63%), Vitamin K: 189.04µg (180.04%), Vitamin A: 8804.56IU (176.09%), Phosphorus: 1704.52mg (170.45%),

Calcium: 1686.08mg (168.61%), Vitamin B2: 2.38mg (140.09%), Manganese: 2.46mg (122.79%), Folate: 442.15µg (110.54%), Vitamin B12: 5.97µg (99.43%), Iron: 15.57mg (86.53%), Vitamin B1: 1.28mg (85.57%), Vitamin B6: 1.7mg (85%), Zinc: 11.2mg (74.69%), Vitamin E: 10.02mg (66.78%), Vitamin B5: 5.7mg (56.95%), Magnesium: 227.11mg (56.78%), Vitamin C: 44.09mg (53.44%), Potassium: 1776.17mg (50.75%), Vitamin B3: 9.67mg (48.33%), Fiber: 10.37g (41.49%), Copper: 0.8mg (40.2%), Vitamin D: 4.01µg (26.73%)