



Sharyn's Zucchini Quiche

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup biscuit baking mix bisquick® (such as)
- 0.3 cup canola oil
- 4 eggs beaten
- 0.3 teaspoon penzey's southwest seasoning italian
- 0.5 teaspoon salt
- 2 cups swiss cheese shredded
- 6 cups zucchini grated

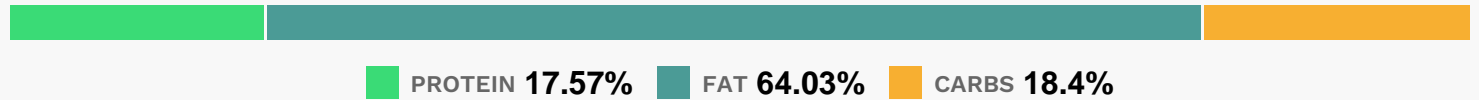
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Mix zucchini, Swiss cheese, eggs, biscuit baking mix, canola oil, salt, and Italian seasoning in a large bowl until well blended; pour mixture into a large pie dish.
- Bake until browned and eggs are set, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:12.310434642045%

Flavonoids

Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 279.63kcal (13.98%), Fat: 20.07g (30.88%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 11.71g (4.26%), Sugar: 4.16g (4.62%), Cholesterol: 107.25mg (35.75%), Sodium: 425.39mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.79%), Phosphorus: 321.72mg (32.17%), Calcium: 295.44mg (29.54%), Selenium: 16.2µg (23.14%), Vitamin C: 16.69mg (20.23%), Vitamin B2: 0.34mg (19.74%), Vitamin B12: 1.07µg (17.83%), Folate: 53.99µg (13.5%), Zinc: 1.85mg (12.36%), Vitamin E: 1.76mg (11.74%), Manganese: 0.23mg (11.33%), Vitamin B6: 0.22mg (11%), Vitamin A: 530.56IU (10.61%), Vitamin K: 10.8µg (10.28%), Vitamin B1: 0.14mg (9.33%), Potassium: 317.53mg (9.07%), Magnesium: 32.21mg (8.05%), Vitamin B5: 0.78mg (7.76%), Iron: 1.2mg (6.69%), Vitamin B3: 1.14mg (5.68%), Fiber: 1.27g (5.09%), Copper: 0.1mg (5.07%), Vitamin D: 0.44µg (2.93%)