



Simply Elegant Artichoke Quiche

READY IN



50 min.

SERVINGS



9

CALORIES



522 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 teaspoon apple cider vinegar
- 14 ounces artichoke hearts drained (in water)
- 1 teaspoon add carrot and onion to bacon fat . cook
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 2 tablespoons butter melted
- 0.8 cup canola oil
- 1 tablespoon chicken powder
- 1.8 cups cup heavy whipping cream

- 0.3 cup wine dry white
- 4 eggs
- 2 ounces feta cheese crumbled (optional but recommended)
- 2 ounces feta cheese crumbled (recommended)
- 2.7 cups flour all-purpose
- 1 teaspoon optional: dill fresh snipped
- 1 tablespoon parsley fresh minced
- 9 servings spring onion fresh snipped
- 1 pinch pepper fresh white
- 0.3 teaspoon kosher salt
- 6 tablespoons milk
- 0.1 teaspoon nutmeg
- 2 tablespoons olive oil
- 0.5 cup onion coarsely chopped
- 0.1 teaspoon onion powder
- 0.5 teaspoon rubbed sage
- 0.3 teaspoon sugar
- 1 cup swiss cheese shredded
- 0.1 teaspoon turmeric
- 2 garlic clove whole

Equipment

- food processor
- bowl
- sauce pan
- oven

Directions

PREPARE the CRUST: Into the large bowl of your food processor, add 2 2/3 cups unsifted all-purpose flour, 1 tablespoon chicken bouillon powder, 1/2 teaspoon rubbed sage, 1/8 teaspoon onion powder, 1/8 teaspoon turmeric powder, 3/4 cup canola oil, 6 tablespoons milk, 1 teaspoon hickory bacon fat, 1 teaspoon apple cider vinegar, 1 teaspoon brown sugar; POUR into food processor tube while running; PROCESS for 30–45 seconds; DUMP onto sheet of waxed paper sprinkled with flour; DIVIDE dough so bottom-crust portion is slightly larger; shape dough into balls; flatten slightly; PLACE sheet of waxed paper over bottom-crust dough; ROLL 2 inches wider than a 9 inch deep-dish pie plate; REMOVE top sheet of waxed paper; SLIDE hand under bottom sheet of waxed paper; TURN over into pie plate so waxed paper is on top; EASE pastry to fit pie plate; REMOVE waxed paper (do not pierce dough); PLACE pie plate into the freezer until ready to fill (shell should be fairly frozen when filled). CUT artichoke hearts into quarters or chunky bite-sized pieces; SET aside. GRATE 1 cup swiss cheese; SET aside. SAUTE 2 whole garlic cloves and 1/3 cup chopped onion in 2 tablespoons olive oil in a medium saucepan over medium heat until onion and garlic soften. ADD artichoke hearts to saute mixture along with 1/4 cup dry white wine, 1 tablespoon minced parsley, 1 teaspoon fresh snipped dill, and 1/4 teaspoon kosher salt; STIR and saute until liquid evaporates; REMOVE saucepan from heat. REMOVE whole garlic cloves from saucepan and place into a food processor bowl along with 1 3/4 cups cream, 1 cup shredded swiss cheese, 4 eggs, 2 tablespoons melted butter, 1/4 teaspoon sugar, 1/8 teaspoon nutmeg and 1 pinch ground white pepper; PROCESS for 30 seconds. COMBINE custard mixture with artichoke saute mixture in a medium-large bowl; ADD 2–3 ounces crumbled feta cheese (optional but recommended); FOLD ingredients together until well blended. POUR custard mixture into two 9-inch pre-baked pie shells or into one 10-inch deep dish pre-baked pie shell; TOP with 2–3 ounces crumbled feta cheese (optional but recommended) SPRINKLE with snipped fresh chives or green onion tops before baking. BAKE at 375 for 25–30 minutes until puffed and lightly browned; ALLOW to set 10 minutes. SLICE, then SERVE and ENJOY!

Nutrition Facts

PROTEIN **10.6%**
 FAT **62%**
 CARBS **27.4%**

Properties

Glycemic Index:64.45, Glycemic Load:21.26, Inflammation Score:-8, Nutrition Score:14.896086869032%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 521.58kcal (26.08%), Fat: 35.61g (54.78%), Saturated Fat: 17.87g (111.69%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 33.36g (12.13%), Sugar: 4.02g (4.47%), Cholesterol: 155.8mg (51.93%), Sodium: 593.77mg (25.82%), Alcohol: 0.69g (100%), Alcohol %: 0.38% (100%), Protein: 13.7g (27.4%), Selenium: 26.03µg (37.18%), Vitamin B2: 0.53mg (31.11%), Vitamin K: 26.71µg (25.44%), Calcium: 240.07mg (24.01%), Phosphorus: 236.3mg (23.63%), Vitamin B1: 0.34mg (22.97%), Folate: 90.59µg (22.65%), Vitamin A: 1131.32IU (22.63%), Manganese: 0.31mg (15.57%), Vitamin B12: 0.88µg (14.74%), Iron: 2.42mg (13.44%), Vitamin E: 1.97mg (13.14%), Vitamin B3: 2.45mg (12.26%), Zinc: 1.62mg (10.79%), Vitamin D: 1.3µg (8.69%), Vitamin B5: 0.82mg (8.23%), Fiber: 2.04g (8.16%), Vitamin B6: 0.16mg (8.1%), Magnesium: 25.1mg (6.28%), Potassium: 186.65mg (5.33%), Copper: 0.09mg (4.75%), Vitamin C: 2.9mg (3.51%)