



WHATSheATE



Slow-Cooker Ham and Swiss Quiche

READY IN



200 min.

SERVINGS



6

CALORIES



683 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup finely-chopped ham lean cooked chopped
- ☐ 6 eggs
- ☐ 6 servings grape tomatoes cut in half, if desired
- ☐ 0.3 cup spring onion chopped
- ☐ 6 servings spring onion sliced
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.3 teaspoon salt

- ☐ 8 oz swiss cheese shredded
- ☐ 1 cup whipping cream

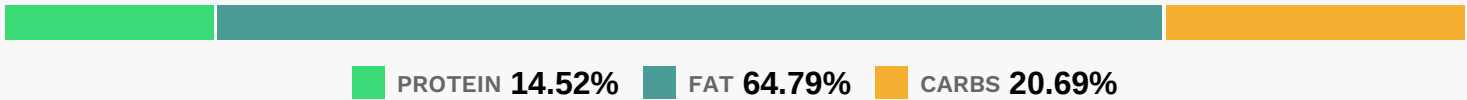
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart oval slow cooker with cooking spray.
- ☐ Remove pie crusts from pouches; cut pie crusts in half. Press 3 pie crust halves in bottom and 2 inches up side of slow cooker, overlapping seams by 1/4 inch. Refrigerate remaining pie crust half for another use.
- ☐ Cover; cook on High heat setting 1 hour 30 minutes.
- ☐ Sprinkle 1 cup of the cheese, the ham and 1/4 cup onions over crust. In medium bowl, beat eggs, whipping cream, salt, pepper and nutmeg with whisk.
- ☐ Pour over ingredients in crust.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Cover; cook on High heat setting 1 hour 30 minutes or until filling is set. Uncover; let stand 5 minutes before serving.
- ☐ Cut quiche into wedges; serve immediately.
- ☐ Garnish with tomatoes and additional onions.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:19.113913017771%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 682.93kcal (34.15%), Fat: 49.08g (75.5%), Saturated Fat: 23.16g (144.72%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.29g (12.1%), Sugar: 1.6g (1.77%), Cholesterol: 257.41mg (85.8%), Sodium: 731.91mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.47%), Selenium: 33.67µg (48.1%), Phosphorus: 434.31mg (43.43%), Calcium: 408.96mg (40.9%), Vitamin B2: 0.56mg (32.76%), Vitamin B12: 1.86µg (31.04%), Vitamin K: 28.06µg (26.72%), Vitamin A: 1245.29IU (24.91%), Vitamin B1: 0.32mg (21.27%), Zinc: 3.08mg (20.52%), Folate: 79.6µg (19.9%), Manganese: 0.35mg (17.38%), Iron: 2.92mg (16.2%), Vitamin B5: 1.38mg (13.82%), Vitamin B3: 2.61mg (13.06%), Vitamin B6: 0.2mg (10.2%), Vitamin D: 1.51µg (10.1%), Vitamin E: 1.42mg (9.48%), Magnesium: 36.85mg (9.21%), Vitamin C: 6.68mg (8.09%), Fiber: 1.97g (7.89%), Potassium: 274.53mg (7.84%), Copper: 0.14mg (6.8%)