



Smoked Salmon and Asparagus Quiche

READY IN



90 min.

SERVINGS



6

CALORIES



418 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1.5 cups flour all-purpose
- 1.5 teaspoons sugar
- 1 teaspoon onion salt
- 0.5 cup vegetable oil
- 2 tablespoons milk
- 3.5 ounces salmon smoked flaked
- 10 ounces asparagus frozen thawed drained
- 4 ounces monterrey jack cheese shredded
- 3 eggs

- 1 cup whipping cream (heavy)
- 2 teaspoons optional: dill dried fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper

Equipment

- bowl
- oven
- knife
- whisk
- aluminum foil
- measuring cup

Directions

- Heat oven to 425°F.
- Mix flour, sugar and onion salt in medium bowl. Beat oil and milk in measuring cup with fork until creamy.
- Pour oil mixture over flour mixture; stir until dough forms.
- Pat dough on bottom and side of ungreased pie plate, 9x1 1/4 inches, or quiche dish, 9x1 1/2 inches.
- Sprinkle salmon over crust.
- Cut off bottom one-third of each asparagus spear; reserve top spear portions. Chop asparagus ends; sprinkle over salmon.
- Sprinkle cheese evenly over asparagus.
- Beat eggs, whipping cream, dill weed, salt and pepper in medium bowl with wire whisk. Slowly pour egg mixture over quiche ingredients. Arrange reserved asparagus in spoke fashion on top of quiche.
- Bake 15 minutes. Reduce oven temperature to 325°F.
- Bake 40 to 45 minutes longer or until knife inserted in center comes out clean. If necessary, cover edge of crust with strips of aluminum foil after 10 to 15 minutes of baking to prevent

excessive browning.

Let stand 10 minutes before cutting.

Nutrition Facts

PROTEIN 15.21% **FAT 57.82%** **CARBS 26.97%**

Properties

Glycemic Index:48.18, Glycemic Load:18.35, Inflammation Score:-7, Nutrition Score:16.444347868795%

Flavonoids

Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 418.46kcal (20.92%), Fat: 27.01g (41.56%), Saturated Fat: 14.29g (89.32%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 26.5g (9.64%), Sugar: 3.55g (3.94%), Cholesterol: 147.89mg (49.3%), Sodium: 869.88mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Selenium: 27.83µg (39.75%), Vitamin B2: 0.49mg (29.05%), Vitamin D: 4.07µg (27.14%), Vitamin K: 28.34µg (26.99%), Vitamin A: 1229.73IU (24.59%), Folate: 97.47µg (24.37%), Phosphorus: 241.06mg (24.11%), Vitamin B1: 0.34mg (22.61%), Calcium: 204.11mg (20.41%), Iron: 3.17mg (17.64%), Vitamin B12: 0.98µg (16.37%), Vitamin B3: 3.15mg (15.77%), Manganese: 0.31mg (15.34%), Vitamin E: 1.72mg (11.47%), Copper: 0.2mg (9.99%), Zinc: 1.49mg (9.96%), Vitamin B5: 0.91mg (9.08%), Vitamin B6: 0.17mg (8.61%), Fiber: 1.85g (7.39%), Potassium: 249.61mg (7.13%), Magnesium: 27.69mg (6.92%), Vitamin C: 2.91mg (3.53%)