



## Smoked Salmon, Dill, and Goat Cheese Quiche

 Popular

READY IN



90 min.

SERVINGS



6

CALORIES



636 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.5 teaspoon salt
- ☐ 10 tablespoons butter ()
- ☐ 2 tablespoons water
- ☐ 2 inch high tart pan with removable bottom (or can use a 10-inch pie pan)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 cup shallots thinly sliced
- ☐ 6 ounces salmon smoked chopped

- ☐ 4 ounces goat cheese crumbled
- ☐ 6 large eggs
- ☐ 2 cup milk
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon lemon zest
- ☐ 2.5 teaspoons salt
- ☐ 0.1 teaspoon pepper black freshly ground

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form
- ☐ pie form

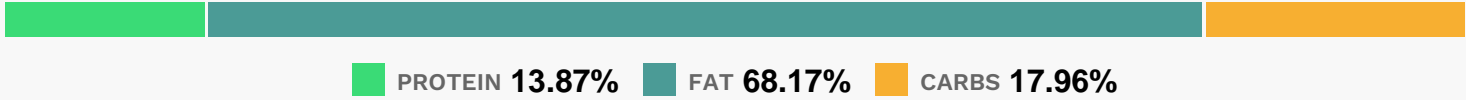
## Directions

- ☐ Whisk together the flour and salt in a medium bowl.
- ☐ Cut the butter into cubes and add to the flour. Use your clean hands to work the butter into the flour until you have a mixture that a coarse meal with pieces of butter no bigger than the size of a pea.
- ☐ Add the water a tablespoon at a time, working it into the dough with your hands until the dough can be formed into a ball.

- ☐ Flatten the ball into a disk. Wrap with plastic wrap and chill for 1 to 2 hours.
- ☐ Roll out the dough: When ready to roll out, remove the disk from the refrigerator and let sit for 10 minutes to come closer to room temperature.
- ☐ Roll out on a lightly floured clean, flat surface to 1/8-inch thickness to an inch or two wider than your pie or tart pan. Drape over the tart or pie pan and press the dough into the sides of the pan.
- ☐ Use a rolling pin over the top to remove the excess dough and level the dough with the top of the pan.
- ☐ Place in freezer for 30 minutes to an hour.
- ☐ If you want, at this point you can "blind bake" the frozen crust. Blind baking it will help you have a well browned crust on the bottom. I often skip this step because it takes extra time and I don't mind having the bottom crust not browned.
- ☐ But, if that is what you want, then line the inside of the frozen crust with aluminum foil and fill to the top with "pie weights", which can be beans, sugar, or rice. The weights are to keep the sides of the pie crust from sliding down when baking.
- ☐ Bake for 45 minutes at 350°F, then remove the weights and foil, and let cool a bit before adding the filling. (See our detailed instructions on blind baking.)
- ☐ Prepare the filling: Preheat oven to 375°F.
- ☐ Heat oil in a small skillet on medium heat.
- ☐ Add the shallots and cook until translucent, a couple minutes, remove from heat.
- ☐ Whisk eggs in a medium bowl.
- ☐ Whisk in goat cheese.
- ☐ Whisk in milk, cream, dill, lemon zest, salt, and black pepper.
- ☐ Whisk in the shallots.
- ☐ Layer the salmon and filling into the quiche crust: Line the bottom of the quiche crust with half of the smoked salmon.
- ☐ Pour half of the egg/cheese/milk/cream mixture over the salmon in the quiche shell.
- ☐ Layer down the remaining salmon, and pour the remaining egg/milk/cream mixture over it.
- ☐ Place the quiche pan on a foil-lined rimmed baking sheet.
- ☐ Transfer to oven.
- ☐ Bake at 375°F for 15 minutes.

- ☐
- Then lower the heat to 350°F and bake until just set in the center, about 30 to 40 minutes.
- ☐
- Remove from oven and cool on a wire rack for 15 minutes before serving.

# Nutrition Facts



## Properties

Glycemic Index:45.33, Glycemic Load:16.67, Inflammation Score:-8, Nutrition Score:20.137826017711%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 635.9kcal (31.8%), Fat: 48.42g (74.5%), Saturated Fat: 27.58g (172.37%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 27.29g (9.92%), Sugar: 7.16g (7.96%), Cholesterol: 305.96mg (101.99%), Sodium: 1720.5mg (74.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.35%), Selenium: 37.11µg (53.01%), Vitamin D: 7.45µg (49.68%), Vitamin B2: 0.66mg (38.66%), Vitamin A: 1799.79IU (36%), Phosphorus: 344.87mg (34.49%), Vitamin B12: 1.95µg (32.46%), Folate: 83.26µg (20.81%), Vitamin B1: 0.31mg (20.74%), Calcium: 202.45mg (20.25%), Vitamin B6: 0.36mg (17.8%), Vitamin B5: 1.75mg (17.46%), Iron: 3mg (16.69%), Vitamin B3: 3.16mg (15.8%), Copper: 0.3mg (15.13%), Vitamin E: 2.25mg (15.01%), Manganese: 0.29mg (14.34%), Potassium: 385.76mg (11.02%), Zinc: 1.62mg (10.83%), Magnesium: 37.32mg (9.33%), Fiber: 1.4g (5.61%), Vitamin K: 5.39µg (5.14%), Vitamin C: 2.4mg (2.91%)