



Southwestern Broccoli Quiche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 ounce broccoli frozen dry thawed drained chopped
- ☐ 11.5 ounce corn bread twist dough refrigerated canned (such as Pillsbury)
- ☐ 0.5 cup whole-kernel corn frozen
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 1 cup evaporated milk fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 jalapeno seeded chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese reduced-fat
- ☐ 1 teaspoon vegetable oil

Equipment

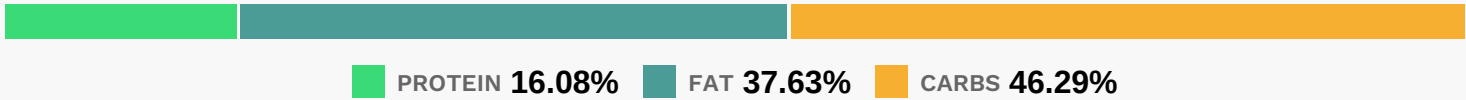
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Unroll dough; unfold layers (do not separate into strips).
- ☐ Place layers lengthwise, end to end, into an 11 x 7-inch baking dish coated with cooking spray. Pinch ends in the middle to seal; press dough up sides of dish. Set aside.
- ☐ Heat vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, garlic, and jalapeo; saut 3 minutes or until soft.
- ☐ Add corn and the next 5 ingredients (corn through broccoli); saut for 5 minutes or until vegetables are soft and liquid evaporates.
- ☐ Remove from heat, and cool 5 minutes.
- ☐ Combine milk, egg whites, egg, and salt; stir well with a whisk.
- ☐ Sprinkle cheese over dough. Spoon broccoli mixture evenly into pan.
- ☐ Pour milk mixture over broccoli mixture.

- ☐ Place dish on a baking sheet.
- ☐ Bake at 350 for 45 minutes; cover and bake for an additional 10 minutes or until set.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:19.33043475773%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 358.12kcal (17.91%), Fat: 15.23g (23.43%), Saturated Fat: 7.16g (44.76%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 38.71g (14.08%), Sugar: 15.72g (17.47%), Cholesterol: 88.33mg (29.44%), Sodium: 740.93mg (32.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Vitamin C: 63.23mg (76.64%), Vitamin K: 54.39µg (51.8%), Phosphorus: 429.51mg (42.95%), Calcium: 322.05mg (32.2%), Vitamin B2: 0.49mg (28.65%), Selenium: 17.08µg (24.4%), Vitamin A: 1114.69IU (22.29%), Folate: 84.98µg (21.25%), Manganese: 0.31mg (15.44%), Fiber: 3.42g (13.7%), Potassium: 477.61mg (13.65%), Vitamin B6: 0.26mg (12.87%), Vitamin B1: 0.19mg (12.46%), Vitamin B5: 1.19mg (11.91%), Zinc: 1.64mg (10.93%), Iron: 1.93mg (10.72%), Magnesium: 42.21mg (10.55%), Vitamin B3: 1.83mg (9.15%), Vitamin E: 1.31mg (8.75%), Vitamin B12: 0.43µg (7.19%), Copper: 0.1mg (5.14%), Vitamin D: 0.29µg (1.96%)