



Southwestern Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.5 small bell pepper green chopped
- ☐ 0.5 cup half-and-half
- ☐ 0.3 cup olives ripe chopped
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.5 cup salsa picante
- ☐ 2 ounces cheddar cheese shredded

- ☐ 2 ounces mozzarella cheese shredded
- ☐ 2 ounces swiss cheese shredded
- ☐ 2 teaspoons vegetable oil

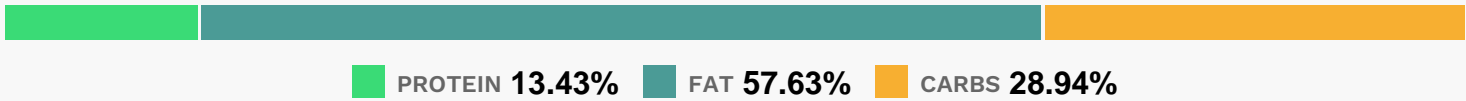
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Unfold and stack 2 piecrusts; gently roll or press piecrusts together. Fit piecrusts into a 9-inch pieplate according to package directions; fold edges under, and crimp. Line pie shell with aluminum foil; fill with pie weights or dried beans.
- ☐ Bake on lowest oven rack at 425 for 15 minutes.
- ☐ Remove weights and foil; cool.
- ☐ Saut mushrooms in hot oil over medium-high heat 5 minutes or until golden brown and liquid is absorbed. Set aside.
- ☐ Combine cheeses; set aside.
- ☐ Stir together eggs and next 3 ingredients in a bowl; add mushrooms, bell pepper, and olives.
- ☐ Pour half of egg mixture into prepared crust.
- ☐ Sprinkle evenly with two-thirds cheese mixture. Top with remaining egg mixture; sprinkle with remaining cheese mixture.
- ☐ Bake at 375 for 40 to 45 minutes or until set, shielding edges with aluminum foil to prevent excessive browning.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:12.19086953868%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 415.85kcal (20.79%), Fat: 26.66g (41.01%), Saturated Fat: 10.24g (63.99%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 28.01g (10.19%), Sugar: 2.07g (2.3%), Cholesterol: 140.82mg (46.94%), Sodium: 548.68mg (23.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Selenium: 21.19µg (30.27%), Vitamin B2: 0.44mg (26.07%), Phosphorus: 240.69mg (24.07%), Calcium: 200.83mg (20.08%), Folate: 62.01µg (15.5%), Manganese: 0.29mg (14.44%), Vitamin B1: 0.2mg (13.61%), Vitamin B3: 2.63mg (13.13%), Vitamin B12: 0.77µg (12.79%), Iron: 2.26mg (12.54%), Vitamin B5: 1.21mg (12.09%), Zinc: 1.65mg (11%), Vitamin A: 512.27IU (10.25%), Fiber: 2.1g (8.42%), Copper: 0.17mg (8.33%), Vitamin B6: 0.17mg (8.27%), Vitamin E: 1.19mg (7.94%), Potassium: 259.64mg (7.42%), Vitamin K: 7.76µg (7.39%), Magnesium: 24.64mg (6.16%), Vitamin C: 4.67mg (5.66%), Vitamin D: 0.74µg (4.96%)