



Spicy Sausage Quiche

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound bulk pork sausage
- 4 ounce chile peppers green chopped canned
- 1 teaspoon chili powder
- 10 eggs lightly beaten
- 0.5 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 tablespoon jalapeno minced
- 1 cup monterrey jack cheese shredded

- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain and crumble.
- Spread into bottom of baking dish.
- Sprinkle with Cheddar cheese, Monterey Jack cheese, onion, chile peppers, and jalapeno pepper. In a medium bowl, mix eggs with chili powder, cumin, garlic powder, salt and pepper.
- Pour over contents of baking dish.
- Bake in preheated oven for 18 to 22 minutes, or until a knife inserted into the center comes out clean. Cool for 10 minutes, then cut into squares.

Nutrition Facts



PROTEIN 24.56% FAT 72.18% CARBS 3.26%

Properties

Glycemic Index:22.88, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:13.426086876703%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 371.43kcal (18.57%), Fat: 29.51g (45.4%), Saturated Fat: 12.14g (75.88%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.85g (0.95%), Cholesterol: 272.12mg (90.71%), Sodium: 967.91mg (42.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.18%), Selenium: 23.15µg (33.07%), Phosphorus: 320.77mg (32.08%), Vitamin B2: 0.45mg (26.46%), Calcium: 252.8mg (25.28%), Vitamin B12: 1.24µg (20.64%), Zinc: 2.94mg (19.63%), Vitamin B6: 0.33mg (16.73%), Vitamin B3: 2.9mg (14.48%), Vitamin A: 705.93IU (14.12%), Vitamin B5: 1.35mg (13.47%), Vitamin D: 2.01µg (13.38%), Vitamin B1: 0.19mg (12.94%), Iron: 2.16mg (12.03%), Folate: 42.19µg (10.55%), Vitamin C: 8.23mg (9.98%), Potassium: 287.4mg (8.21%), Vitamin E: 1mg (6.69%), Magnesium: 25.67mg (6.42%), Copper: 0.1mg (4.93%), Manganese: 0.07mg (3.35%), Fiber: 0.63g (2.5%), Vitamin K: 1.95µg (1.86%)