



Squash & Cherry Tomato Quiche Cups

 Vegetarian

READY IN



48 min.

SERVINGS



48

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 cups butternut squash chopped ()
- 12 cherry tomatoes halved
- 0.5 cup philadelphia cream cheese spread ()
- 3 eggs
- 2 Tbsp chives fresh chopped
- 2 tsp olive oil
- 0.1 tsp salt and pepper
- 0.3 cup whipping cream

12 slices bread white

Equipment

baking sheet

oven

whisk

rolling pin

muffin tray

Directions

Heat oven to 400F.

Toss squash with oil.

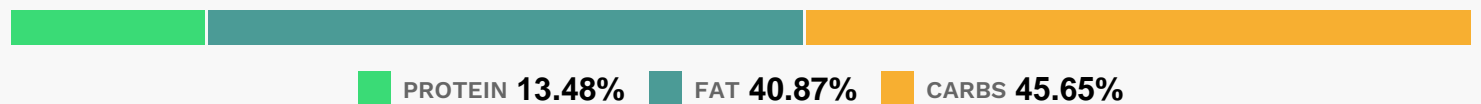
Spread onto baking sheet.

Bake 15 min. or until tender. Meanwhile, flatten bread slices with rolling pin. Press 1 piece onto bottom and up side of each of 12 muffin pan cups sprayed with cooking spray.

Combine squash and tomatoes; spoon into bread cups. Beat remaining ingredients with whisk until well blended; spoon over squash mixture.

Bake 15 to 18 min. or until centers of filling are set and tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:2.0843478389408%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 35.97kcal (1.8%), Fat: 1.64g (2.53%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.69g (0.77%), Cholesterol: 13.1mg (4.37%), Sodium: 51.79mg (2.25%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin A: 701.9IU (14.04%), Selenium: 2.38µg (3.4%), Vitamin C: 2.27mg (2.76%), Manganese: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.7%), Folate: 10.54µg (2.63%), Calcium: 21.77mg (2.18%), Vitamin B3: 0.39mg (1.97%), Vitamin B2: 0.03mg (1.89%), Iron: 0.33mg (1.85%), Phosphorus: 16.41mg (1.64%), Vitamin E: 0.19mg (1.26%), Potassium: 42.46mg (1.21%), Vitamin B6: 0.02mg (1.17%), Fiber: 0.29g (1.17%), Magnesium: 4.52mg (1.13%), Vitamin B5: 0.11mg (1.08%)