



Steve's Sun Dried Tomato and Asparagus Quiche

READY IN



65 min.

SERVINGS



8

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 bunch asparagus fresh trimmed cut into 1-inch pieces
- 2 tablespoons butter
- 0.3 cup chili sauce
- 1 9-inch unbaked deep-dish pie crust ()
- 5 large eggs
- 8 servings salt and ground pepper black to taste
- 0.5 cup heavy whipping cream
- 1 teaspoon nutmeg grated

6 ounce sun-dried tomatoes packed in oil, drained and chopped

Equipment

frying pan

oven

blender

Directions

Preheat oven to 375 degrees F (190 degrees C). Fit pie crust into a 9-inch deep-dish pie plate.

Bake crust in preheated oven until just beginning to brown on the edge, about 10 minutes.

Let the crust cool.

Raise oven temperature to 400 degrees F (205 degrees C).

Melt butter in a large skillet over medium heat. Cook asparagus pieces and sun-dried tomatoes in hot butter, stirring often, until asparagus is tender and bright green, about 10 minutes; season mixture with salt and black pepper.

Transfer vegetables to the prebaked pie crust.

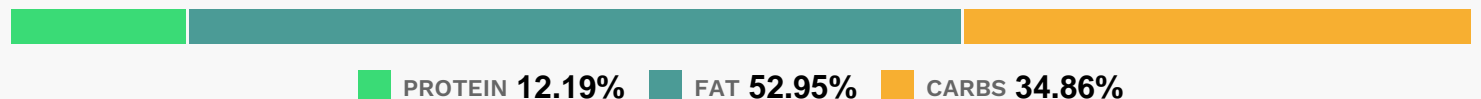
Pour eggs and cream into a blender; add nutmeg. Pulse several times to blend the egg mixture; pour over vegetables in the pie crust.

Bake in the oven until egg mixture is set and quiche is lightly browned, about 40 minutes.

Let quiche stand for 15 minutes before slicing.

Serve topped with chili sauce.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:3.16, Inflammation Score:-7, Nutrition Score:17.220000059708%

Flavonoids

Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 328.09kcal (16.4%), Fat: 20.12g (30.95%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 25.32g (9.21%), Sugar: 10.81g (12.01%), Cholesterol: 140.58mg (46.86%), Sodium: 308.87mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.85%), Vitamin K: 38.2µg (36.38%), Manganese: 0.64mg (32.24%), Potassium: 960.49mg (27.44%), Iron: 4.42mg (24.57%), Vitamin B2: 0.4mg (23.64%), Copper: 0.47mg (23.48%), Vitamin A: 1144.77IU (22.9%), Folate: 81.82µg (20.46%), Phosphorus: 200.62mg (20.06%), Selenium: 13.91µg (19.87%), Vitamin B1: 0.28mg (18.74%), Fiber: 4.47g (17.9%), Vitamin B3: 3.36mg (16.78%), Vitamin C: 12.95mg (15.69%), Magnesium: 59.87mg (14.97%), Vitamin B5: 1.22mg (12.22%), Vitamin E: 1.7mg (11.33%), Vitamin B6: 0.21mg (10.39%), Zinc: 1.32mg (8.79%), Calcium: 73.31mg (7.33%), Vitamin D: 0.86µg (5.75%), Vitamin B12: 0.31µg (5.13%)