



Sticky onion & cheddar quiche

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



509 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 25 g butter
- ☐ 500 g onion halved finely sliced (5 in total)
- ☐ 2 eggs
- ☐ 284 ml pot double cream
- ☐ 140 g mature cheddar grated
- ☐ 280 g flour plain for dusting
- ☐ 140 g butter cold

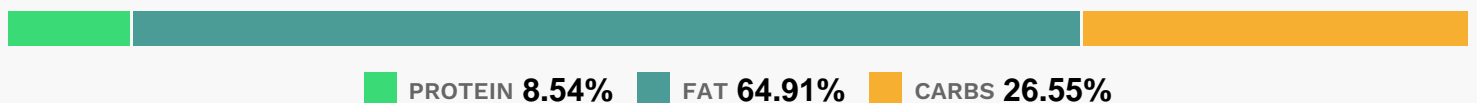
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ To make the pastry, tip the flour and butter into a bowl, then rub together with your fingertips until completely mixed and crumbly.
- ☐ Add 8 tbsp cold water, then bring everything together with your hands until just combined.
- ☐ Roll into a ball and use straight away or chill for up to 2 days. The pastry can also be frozen for up to a month.
- ☐ Roll out the pastry on a lightly floured surface to a round about 5cm larger than a 25cm tin. Use your rolling pin to lift it up, then drape over the tart case so there is an overhang of pastry on the sides. Using a small ball of pastry scraps, push the pastry into the corners of the tin (see picture, above left). Chill in the fridge or freezer for 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ While the pastry is chilling, heat the butter in a pan and cook the onions for 20 mins, stirring occasionally, until they become sticky and golden.
- ☐ Remove from the heat.
- ☐ Lightly prick the base of the tart with a fork, line the tart case with a large circle of greaseproof paper or foil, then fill with baking beans. Blind-bake the tart for 20 mins, remove the paper and beans, then continue to cook for 5–10 mins until biscuit brown.
- ☐ Meanwhile, beat the eggs in a bowl, then gradually add the cream. Stir in the onions and half the cheese, then season with salt and pepper. Carefully tip the filling into the case, sprinkle with the rest of the cheese, then bake for 20–25 mins until set and golden. Leave to cool in the case, trim the edges of the pastry, then remove and serve in slices.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:20.73, Inflammation Score:-8, Nutrition Score:11.769565271295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

Nutrients (% of daily need)

Calories: 508.83kcal (25.44%), Fat: 37.02g (56.95%), Saturated Fat: 22.6g (141.25%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 32.07g (11.66%), Sugar: 3.9g (4.33%), Cholesterol: 143.12mg (47.71%), Sodium: 275.53mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.91%), Selenium: 21.78µg (31.12%), Vitamin A: 1276.38IU (25.53%), Vitamin B2: 0.39mg (23.02%), Folate: 86.82µg (21.7%), Vitamin B1: 0.32mg (21.41%), Phosphorus: 183.52mg (18.35%), Calcium: 178.03mg (17.8%), Manganese: 0.32mg (16.23%), Iron: 2.02mg (11.2%), Vitamin B3: 2.19mg (10.94%), Zinc: 1.24mg (8.26%), Fiber: 2.01g (8.03%), Vitamin E: 1.09mg (7.25%), Vitamin B6: 0.13mg (6.71%), Vitamin B12: 0.38µg (6.26%), Vitamin D: 0.9µg (5.98%), Vitamin C: 4.84mg (5.87%), Vitamin B5: 0.58mg (5.85%), Magnesium: 22.91mg (5.73%), Potassium: 196.23mg (5.61%), Copper: 0.09mg (4.62%), Vitamin K: 3.39µg (3.23%)