



Summer Garden Crustless Quiche

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup carrots shredded
- 5 eggs
- 0.3 cup flat-leaf parsley chopped
- 3 cloves garlic minced
- 5 cups kale chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil
- 2 grinds pepper fresh black to taste

- 7.5 ounces cheddar cheese shredded sargento® (such as 4 State Cheddar Cheese)
- 1 cup tomatoes diced
- 0.8 cup milk whole
- 1 onion yellow minced

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie dish with 1 teaspoon olive oil.
- Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until garlic is fragrant, 2 to 3 minutes.
- Add kale, salt, and pepper; cook, stirring occasionally, until kale is wilted, about 5 minutes. Stir tomato and carrots into kale mixture; cook for 5 more minutes.
- Remove skillet from heat.
- Whisk eggs and milk together in a bowl. Stir Cheddar cheese, kale mixture, and parsley into egg mixture; pour into the prepared pie dish.
- Bake in the preheated oven until quiche is set in the middle and a knife inserted in the center comes out clean, about 50 minutes. Cool in pie dish for 2 to 3 minutes before slicing.

Nutrition Facts

 PROTEIN 22.8% **FAT 65.29%** **CARBS 11.91%**

Properties

Glycemic Index:37.85, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:16.110869729001%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 14.43g (22.2%), Saturated Fat: 6.67g (41.72%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.55g (1.66%), Sugar: 2.88g (3.2%), Cholesterol: 131.62mg (43.87%), Sodium: 309.52mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.67%), Vitamin K: 86.79µg (82.66%), Vitamin A: 3414.37IU (68.29%), Calcium: 278.24mg (27.82%), Selenium: 16.77µg (23.95%), Vitamin C: 19.14mg (23.21%), Phosphorus: 220.96mg (22.1%), Vitamin B2: 0.34mg (19.73%), Vitamin B12: 0.65µg (10.83%), Zinc: 1.59mg (10.57%), Manganese: 0.2mg (10.1%), Folate: 36.5µg (9.12%), Vitamin B6: 0.16mg (7.86%), Potassium: 246.47mg (7.04%), Vitamin B5: 0.7mg (7.02%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.96µg (6.41%), Magnesium: 23.58mg (5.9%), Iron: 1.01mg (5.59%), Fiber: 1.37g (5.47%), Vitamin B1: 0.07mg (4.6%), Copper: 0.07mg (3.26%), Vitamin B3: 0.45mg (2.27%)