



Summer Squash, Bacon, and Mozzarella Quiche

READY IN



160 min.

SERVINGS



8

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 cup ice water
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 4 slices center-cut bacon crumbled cooked
- ☐ 3 tablespoons butter unsalted chilled cut into small pieces
- ☐ 2 tablespoons vegetable shortening cut into small pieces
- ☐ 2 cups baby squash yellow ()
- ☐ 2 cups zucchini ()

Equipment

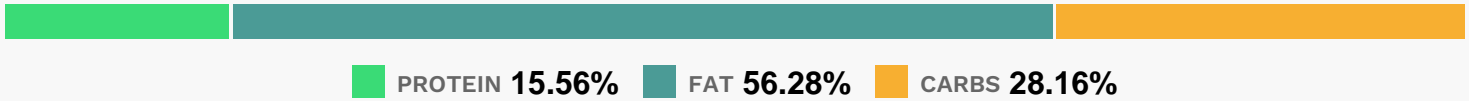
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and 1/2 teaspoon salt in a food processor, and pulse 2 times or until combined.
- ☐ Add butter and shortening; pulse 4 times or until mixture resembles coarse meal. With food processor on, add ice water through food chute, processing just until the mixture is combined (do not form a ball). Press mixture into a 4-inch circle on plastic wrap, and cover. Refrigerate for 1 hour.
- ☐ Preheat oven to 40

- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp flat surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can easily be removed.
- ☐ Remove top sheets of plastic wrap, and fit dough, plastic wrap side up, into a 9 1/2-inch deep-dish pie plate coated with cooking spray.
- ☐ Remove remaining plastic wrap from dough. Fold edges under, and flute. Pierce bottom and sides of dough with fork.
- ☐ Bake at 400 for 15 minutes. Cool on a wire rack.
- ☐ Reduce oven temperature to 35
- ☐ To prepare the filling, heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add squash, zucchini, shallots, and thyme; saute for 5 minutes or until squash and zucchini are tender, stirring frequently. Cool the squash mixture slightly.
- ☐ Combine 1 cup reduced-fat milk and the next 5 ingredients (through eggs) in a large bowl, stirring with a whisk. Arrange squash mixture evenly over crust, and sprinkle with 3/4 cup mozzarella cheese.
- ☐ Pour the egg mixture over cheese.
- ☐ Bake at 350 for 45 minutes or until filling is set. Cool for 15 minutes on a wire rack.
- ☐ Wine Match: Loaded throughout with refreshing minerality and just enough of a sweet, smoky-heat flavor, the 2006 Hugel et Fils Pinot Blanc "Cuve les Amours" (Alsace, France, \$1
- ☐ is an incredible match with this fresh and light Summer Squash, Bacon, and Mozzarella Quiche.
--Alexander Spacher

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:13.59, Inflammation Score:-8, Nutrition Score:12.030434826146%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 332.93kcal (16.65%), Fat: 20.84g (32.06%), Saturated Fat: 8.25g (51.53%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 21.83g (7.94%), Sugar: 3.82g (4.24%), Cholesterol: 102.08mg (34.03%), Sodium: 614.96mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Selenium: 22.33µg (31.9%), Vitamin B2: 0.43mg (25.52%), Phosphorus: 195.81mg (19.58%), Vitamin B1: 0.29mg (19.23%), Folate: 73.34µg (18.33%), Manganese: 0.32mg (16.18%), Calcium: 151.83mg (15.18%), Vitamin C: 12.4mg (15.03%), Vitamin B6: 0.25mg (12.52%), Vitamin B3: 2.48mg (12.42%), Iron: 2.01mg (11.14%), Potassium: 344.13mg (9.83%), Vitamin A: 481.04IU (9.62%), Vitamin B12: 0.52µg (8.67%), Zinc: 1.29mg (8.6%), Vitamin B5: 0.79mg (7.87%), Magnesium: 30.25mg (7.56%), Fiber: 1.63g (6.51%), Vitamin E: 0.96mg (6.38%), Vitamin K: 5.82µg (5.54%), Copper: 0.11mg (5.37%), Vitamin D: 0.56µg (3.72%)