



## Swiss Chard and Mozzarella Quiche in Zucchini Crust

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 5 basil leaves fresh roughly chopped
- ☐ 1 sprig rosemary fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup milk

- ☐ 6 mozzarella balls fresh quartered
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper black to taste
- ☐ 5 leaves swiss chard including stems roughly chopped
- ☐ 0.5 teaspoon tarragon
- ☐ 1 large zucchini

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

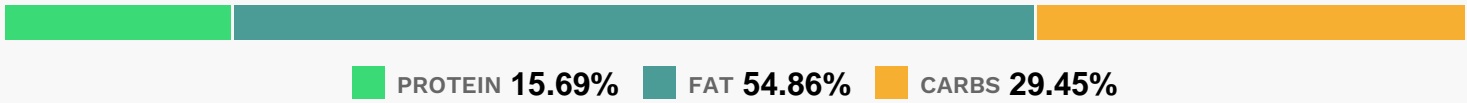
## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Heat olive oil in a skillet; cook and stir the garlic in the hot oil until slightly browned, 2 to 3 minutes.
- ☐ Sprinkle in the rosemary and let cook until fragrant, 1 to 2 more minutes. Cook and stir the chard until the leaves are wilted; cover the skillet and let the chard steam until the stems are tender, about 5 minutes.
- ☐ Transfer the chard mixture to a bowl, stir in the tarragon and basil, season to taste with salt and pepper, and let cool. Stir in the mozzarella.
- ☐ Trim the stem and blossom ends from the zucchini and halve lengthwise. Scoop out the flesh with a spoon, leaving a 3/4-inch thick shell. Discard the flesh. Beat 2 eggs with the milk in a bowl. Lightly fill the shells with the chard mixture.
- ☐ Pour the egg mixture over the chard.
- ☐ Bake in the preheated oven until the quiche filling is set and the zucchini shells are tender, about 40 minutes.
- ☐ To prepare crumb topping, melt butter in a skillet over medium heat; cook and stir the bread crumbs in the butter until well combined and starting to give off a toasty fragrance, about 2 minutes.

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Remove the stuffed zucchini from the oven and gently pat the bread crumbs over the top in a layer; return to oven and bake until the crumbs are browned, 10 to 15 more minutes.

# Nutrition Facts



## Properties

Glycemic Index:76.25, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:27.04521743111%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## Nutrients (% of daily need)

Calories: 498.45kcal (24.92%), Fat: 31.1g (47.85%), Saturated Fat: 11.75g (73.43%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 33.91g (12.33%), Sugar: 8.23g (9.14%), Cholesterol: 126.86mg (42.28%), Sodium: 776.84mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.03%), Vitamin K: 511.44µg (487.09%), Vitamin A: 4348.86IU (86.98%), Vitamin C: 33.14mg (40.17%), Manganese: 0.79mg (39.74%), Calcium: 364.2mg (36.42%), Vitamin B1: 0.5mg (33.28%), Vitamin B2: 0.49mg (28.64%), Selenium: 19.15µg (27.36%), Phosphorus: 236.17mg (23.62%), Magnesium: 92.31mg (23.08%), Iron: 3.89mg (21.59%), Folate: 82.87µg (20.72%), Potassium: 657.23mg (18.78%), Vitamin E: 2.78mg (18.54%), Vitamin B3: 3.41mg (17.07%), Vitamin B6: 0.34mg (17.02%), Fiber: 3.65g (14.61%), Copper: 0.28mg (13.91%), Vitamin B12: 0.68µg (11.41%), Zinc: 1.64mg (10.91%), Vitamin B5: 1.08mg (10.78%), Vitamin D: 1.11µg (7.41%)