



# Swiss Chard, Mushroom, and White-Cheddar Quiche

 Vegetarian

READY IN



255 min.

SERVINGS



15

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 2 sticks butter unsalted frozen firm cut into small pieces and until
- 2.7 cups flour all-purpose plus more for surface
- 1 serving coarse salt
- 1 large egg yolk
- 0.3 cup water
- 1 serving pam original flavor shopping list
- 3 tablespoons butter unsalted

- 1 pound crimini mushrooms thinly sliced
- 1 serving salt and pepper freshly ground
- 2 large garlic clove minced
- 12 ounces swiss chard washed and coarsely chopped (8 cups)
- 9 large eggs
- 6.5 ounces sharp cheddar cheese shredded white
- 3.3 cups frangelico

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap

## Directions

- Make the crust: Pulse butter, flour, and 1 teaspoon salt in a food processor until it resembles coarse meal with some large pieces.
- Whisk together egg, yolk, and water. Pulse flour mixture, drizzling with egg mixture, until dough forms. Turn out dough onto plastic wrap; shape into a rectangle, and wrap. Refrigerate until firm, at least 1 hour.
- Roll out dough to a 14-by-21-inch rectangle on a lightly floured surface. Refrigerate until firm, about 15 minutes. Coat a rimmed baking sheet with cooking spray. Fit dough into sheet. Fold excess under, and pinch to form a crust that comes 1/2 inch above rim. Freeze until firm, about 30 minutes.
- Preheat oven to 375 degrees, with 1 rack in middle position and 1 rack in the lower third. Line dough with parchment, pressing flush and leaving a 2-inch overhang on all sides. Top with dried beans or pie weights. Fold parchment over crust edges.

- Bake on lower rack, rotating halfway through, for 40 minutes.
- Remove beans and parchment.
- Bake until golden brown and crisp, 15 to 17 minutes more.
- Let cool slightly on a wire rack.
- Heat 2 tablespoons butter in a large skillet over high heat. Cook mushrooms until tender, about 8 minutes (adjust heat if needed). Season with 1/2 teaspoon salt and some pepper; transfer to a bowl.
- Let skillet cool.
- Add remaining tablespoon butter. Cook garlic over low heat, stirring often, until fragrant, about 1 minute. Stir in chard; season with 1/2 teaspoon salt and some pepper. Cook, covered, stirring occasionally, until tender, about 6 minutes. Raise heat to high. Cook until liquid evaporates. Toss chard with mushrooms.
- Let cool slightly.
- Whisk eggs with half-and-half and 2 teaspoons salt in a bowl.
- Sprinkle 1 1/4 cups cheese onto tart crust.
- Spread mushroom-chard mixture over top.
- Sprinkle with remaining 1 1/4 cups cheese. Slowly and evenly pour custard over cheese and vegetables. (It should come no higher than 1/4 inch from the top of crust; discard extra.)
- Bake on middle rack, rotating halfway through, until custard is just set, 35 to 45 minutes.
- Let stand on a wire rack for 15 minutes.
- Cut into squares.
- Serve immediately.

## Nutrition Facts



**PROTEIN 13.07%** **FAT 62.19%** **CARBS 24.74%**

## Properties

Glycemic Index:10.93, Glycemic Load:12.54, Inflammation Score:-8, Nutrition Score:17.924782732259%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## **Nutrients (% of daily need)**

Calories: 317.27kcal (15.86%), Fat: 22.12g (34.03%), Saturated Fat: 12.63g (78.94%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.65g (6.78%), Sugar: 1g (1.11%), Cholesterol: 174.54mg (58.18%), Sodium: 202.13mg (8.79%), Alcohol: Og (100%), Protein: 10.46g (20.92%), Vitamin K: 189.96µg (180.91%), Vitamin A: 2135.05IU (42.7%), Selenium: 29.16µg (41.65%), Vitamin B2: 0.48mg (28.36%), Phosphorus: 195.7mg (19.57%), Folate: 70.28µg (17.57%), Vitamin B1: 0.23mg (15.43%), Manganese: 0.3mg (14.76%), Calcium: 130.6mg (13.06%), Vitamin B3: 2.59mg (12.96%), Copper: 0.25mg (12.75%), Iron: 2.15mg (11.92%), Vitamin B5: 1.16mg (11.56%), Zinc: 1.45mg (9.7%), Potassium: 303.2mg (8.66%), Vitamin E: 1.3mg (8.64%), Vitamin C: 6.93mg (8.4%), Magnesium: 33.45mg (8.36%), Vitamin B12: 0.48µg (8%), Vitamin D: 1.03µg (6.89%), Vitamin B6: 0.13mg (6.72%), Fiber: 1.15g (4.61%)