



Three Cheese Quiche

READY IN



60 min.

SERVINGS



1

CALORIES



2022 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup three cheese shredded with a touch of philadelphia, divided kraft
- 19-inch deep-dish pie crust frozen ()
- 5 eggs
- 1 cup mushrooms fresh sliced
- 0.7 cup milk
- 1 cup onions and broccoli fresh chopped
- 0.3 cup roasted peppers red chopped

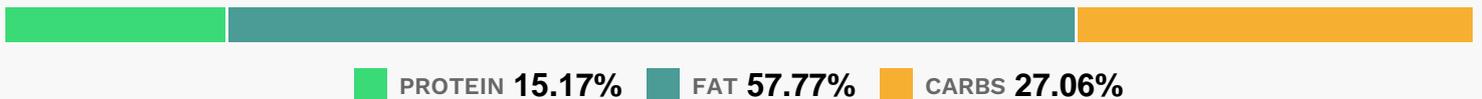
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk

Directions

- Heat oven to 375F.
- Cook mushrooms, onions and broccoli in skillet sprayed with cooking spray on medium heat 5 min. or until crisp-tender, stirring occasionally.
- Remove from heat.
- Whisk eggs and milk in medium bowl until blended. Stir in vegetable mixture, red peppers and 1/2 cup cheese; pour into pie crust.
- Place on baking sheet.
- Bake 35 min. Top with remaining cheese; bake 5 to 10 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:58.17391296055%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 2022.34kcal (101.12%), Fat: 130.09g (200.14%), Saturated Fat: 50.11g (313.19%), Carbohydrates: 137.12g (45.71%), Net Carbohydrates: 129.86g (47.22%), Sugar: 17.7g (19.66%), Cholesterol: 950.92mg (316.97%), Sodium: 2401.36mg (104.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.87g (153.73%), Selenium: 122.61µg (175.16%), Vitamin B2: 2.49mg (146.53%), Phosphorus: 1407.07mg (140.71%), Calcium: 1221.42mg (122.14%), Folate: 353.47µg (88.37%), Manganese: 1.46mg (73.13%), Vitamin B5: 6.91mg (69.07%), Vitamin B12: 4.07µg (67.88%), Zinc: 9.53mg (63.51%), Vitamin B1: 0.88mg (59%), Iron: 10.23mg (56.86%), Vitamin A: 2768.98IU (55.38%), Vitamin B6: 1.01mg (50.58%), Vitamin B3: 9.89mg (49.44%), Vitamin D: 7.06µg (47.06%), Potassium: 1430.25mg (40.86%), Vitamin E: 6.08mg (40.55%), Copper: 0.79mg (39.45%), Vitamin K: 38.4µg (36.57%), Vitamin C: 30.13mg (36.52%), Magnesium: 138.82mg (34.71%), Fiber: 7.26g (29.06%)