



## Three Cheese Quiche Appetizers

READY IN



70 min.

SERVINGS



10

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.5 cup grey poupon dijon mustard
- 4 eggs
- 0.3 cup parsley fresh chopped
- 3 Tbsp butter melted
- 0.8 cup milk
- 1.5 cups ritz crackers crushed finely
- 0.5 cup roasted peppers red chopped
- 0.3 cup polly-o romano cheese shredded
- 8 oz mozzarella cheese shredded kraft

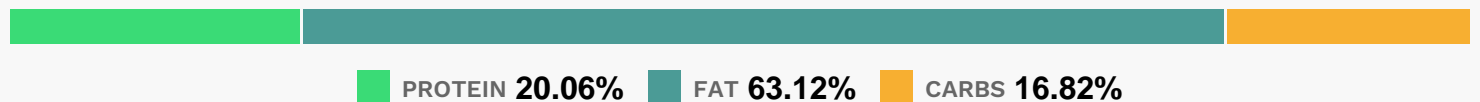
## Equipment

- frying pan
- oven
- whisk

## Directions

- Heat oven to 350F.
- Mix cracker crumbs and margarine; press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Bake 8 to 10 min. or until golden brown. Cool 5 min.
- Sprinkle 1 cup mozzarella over crust; top with peppers and remaining mozzarella.
- Whisk eggs, milk, mustard and parsley until blended; pour over ingredients in pan.
- Sprinkle with Pecorino Romano.
- Bake 30 to 35 min. or until center is set. Cool 10 min. before cutting into bars.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.6, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:8.7443478107452%

## Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

## Nutrients (% of daily need)

Calories: 197.73kcal (9.89%), Fat: 13.93g (21.42%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.47g (2.72%), Sugar: 2.12g (2.35%), Cholesterol: 88.18mg (29.39%), Sodium: 556.75mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Vitamin K: 29.97µg (28.54%), Selenium: 14.64µg (20.91%), Calcium: 201.4mg (20.14%), Phosphorus: 193.87mg (19.39%), Vitamin B12: 0.8µg

(13.41%), Vitamin B2: 0.22mg (12.72%), Vitamin A: 610.21IU (12.2%), Zinc: 1.19mg (7.95%), Iron: 1.18mg (6.53%), Vitamin C: 5.31mg (6.43%), Manganese: 0.13mg (6.35%), Vitamin B1: 0.09mg (6.12%), Folate: 20.83µg (5.21%), Vitamin E: 0.74mg (4.95%), Magnesium: 19.2mg (4.8%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.66µg (4.38%), Vitamin B6: 0.08mg (3.99%), Fiber: 0.88g (3.5%), Potassium: 120.8mg (3.45%), Vitamin B3: 0.63mg (3.13%), Copper: 0.05mg (2.39%)