



Three-Onion Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 large eggs
- ☐ 1 tablespoon flour
- ☐ 2 bunches spring onion trimmed sliced
- ☐ 1 cup half and half
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 medium leek light white green rinsed thinly sliced well (and parts)
- ☐ 0.5 medium onion red cut into thin half-moons
- ☐ 1 sheet pie crust dough refrigerated for a 9-in. pie shell*

- ☐ 2 cups cheddar cheese shredded white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 42
- ☐ Unroll pie dough into a 9-in. pie pan. Crimp edge. Line dough with parchment paper, fill with pie weights or dried beans, and bake until light golden, about 15 minutes.
- ☐ Remove paper and weights.
- ☐ Melt butter in a large frying pan over medium heat.
- ☐ Add leeks, green and red onions, and 1/2 tsp. salt. Saut until very tender but not browned, about 20 minutes.
- ☐ Whisk half-and-half gradually into flour in a medium bowl until smooth.
- ☐ Whisk in remaining 1/2 tsp. salt and eggs until blended. Stir in cheese and three-quarters of onion mixture and pour into pie shell.
- ☐ Sprinkle remaining onions over quiche.
- ☐ Bake until a knife inserted in center comes out clean, 20 to 30 minutes; cover edges with foil if they begin to darken.
- ☐ Let sit 10 minutes, then cut into wedges.
- ☐ *We especially like Pillsbury pie dough. Look for Beecher's Flagship cheddar cheese sold at specialty shops.

Nutrition Facts



 **PROTEIN 18.96%**  **FAT 65.58%**  **CARBS 15.46%**

Properties

Glycemic Index:30.38, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:10.3734783297%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 223.26kcal (11.16%), Fat: 16.45g (25.3%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.82g (2.84%), Sugar: 3.15g (3.5%), Cholesterol: 112.35mg (37.45%), Sodium: 540.21mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Vitamin K: 29.4µg (28%), Calcium: 268.95mg (26.9%), Vitamin A: 1151.45IU (23.03%), Selenium: 15.47µg (22.09%), Phosphorus: 212.66mg (21.27%), Vitamin B2: 0.29mg (17.12%), Folate: 44.01µg (11%), Zinc: 1.48mg (9.87%), Manganese: 0.2mg (9.75%), Vitamin B12: 0.53µg (8.78%), Vitamin B6: 0.16mg (7.83%), Vitamin C: 5.91mg (7.17%), Iron: 1.24mg (6.9%), Magnesium: 24.4mg (6.1%), Vitamin E: 0.87mg (5.78%), Vitamin B5: 0.56mg (5.58%), Potassium: 175.83mg (5.02%), Vitamin B1: 0.06mg (3.94%), Copper: 0.07mg (3.75%), Vitamin D: 0.54µg (3.63%), Fiber: 0.9g (3.61%), Vitamin B3: 0.29mg (1.47%)