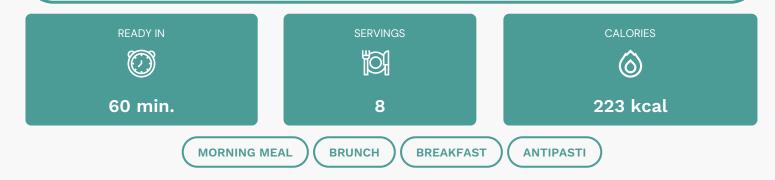


Three-Onion Quiche



Ingredients

I 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 foi 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 Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 2.07mg, 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 %: O% (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 B1: 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%)