



Tofu Quiche with Broccoli

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 servings pepper black to taste
- ☐ 1 pound broccoli chopped
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 tablespoon parsley dried
- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil

- ☐ 1 onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.1 cup parmesan flavor soy cheese
- ☐ 0.5 cup soy milk
- ☐ 1 pound spicy tofu firm drained
- ☐ 1 9-inch unbaked pie crust ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake pie crust in preheated oven for 10 to 12 minutes.
- ☐ Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.
- ☐ Drain.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Saute onion and garlic until golden. Stir in the cooked broccoli and heat through.
- ☐ In a blender, combine tofu, soy milk, mustard, salt, nutmeg, ground red pepper, black pepper, parsley and Parmesan soy cheese; process until smooth. In a large bowl combine tofu mixture with broccoli mixture.
- ☐ Pour into pie crust.
- ☐ Bake in preheated oven until quiche is set, 35 to 40 minutes. Allow to stand for at least 5 minutes before cutting.

Nutrition Facts



 **PROTEIN 16.22%**  **FAT 47.42%**  **CARBS 36.36%**

Properties

Glycemic Index:50.57, Glycemic Load:1.96, Inflammation Score:-7, Nutrition Score:16.534782559975%

Flavonoids

Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 291.14kcal (14.56%), Fat: 15.64g (24.06%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 22.88g (8.32%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 493.16mg (21.44%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.04g (24.07%), Vitamin C: 71.38mg (86.52%), Vitamin K: 85.89µg (81.8%), Manganese: 0.42mg (20.8%), Folate: 81.67µg (20.42%), Calcium: 178.38mg (17.84%), Fiber: 4.1g (16.41%), Iron: 2.64mg (14.68%), Vitamin A: 625.74IU (12.51%), Vitamin B6: 0.25mg (12.46%), Vitamin B2: 0.2mg (11.84%), Vitamin B1: 0.17mg (11.46%), Vitamin E: 1.66mg (11.07%), Vitamin B3: 2.12mg (10.58%), Potassium: 348.06mg (9.94%), Phosphorus: 84.77mg (8.48%), Selenium: 4.76µg (6.8%), Magnesium: 25.23mg (6.31%), Vitamin B5: 0.61mg (6.08%), Copper: 0.11mg (5.26%), Zinc: 0.59mg (3.93%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.24µg (1.57%)