



Tomato and Basil Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1.5 cups colby-monterey jack cheese shredded divided
- ☐ 1 9-inch unbaked deep dish pie crust ()
- ☐ 2 teaspoons basil dried
- ☐ 3 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion sliced
- ☐ 8 servings salt and pepper to taste

☐ 2 tomatoes peeled sliced

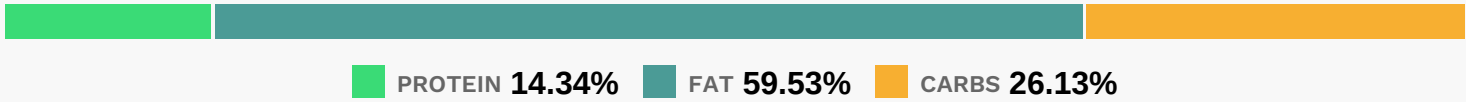
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake pie shell in preheated oven for 8 minutes.
- ☐ Meanwhile, heat olive oil in a large skillet over medium heat.
- ☐ Saute onion until soft; remove from skillet.
- ☐ Sprinkle tomato slices with flour and basil, then saute 1 minute on each side. In a small bowl, whisk together eggs and milk. season with salt and pepper.
- ☐ Spread 1 cup shredded cheese in the bottom of pie crust.
- ☐ Layer onions over cheese, and top with tomatoes. Cover with egg mixture. sprinkle top with remaining 1/2 cup shredded cheese.
- ☐ Bake in preheated oven for 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake for 15 to 20 minutes, or until filling is puffed and golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:1.94, Inflammation Score:-5, Nutrition Score:8.4973913172017%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 277.9kcal (13.89%), Fat: 18.45g (28.38%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.08g (6.21%), Sugar: 2.3g (2.56%), Cholesterol: 82.07mg (27.36%), Sodium: 452.21mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (20.01%), Calcium: 203.96mg (20.4%), Phosphorus: 175.43mg (17.54%), Selenium: 10.41µg (14.87%), Vitamin B2: 0.24mg (14.19%), Vitamin K: 12.69µg (12.09%), Manganese: 0.23mg (11.63%), Folate: 44.75µg (11.19%), Vitamin A: 535.02IU (10.7%), Iron: 1.51mg (8.41%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.15mg (7.65%), Vitamin E: 1.03mg (6.9%), Vitamin B12: 0.41µg (6.75%), Vitamin C: 5.23mg (6.34%), Vitamin B6: 0.11mg (5.63%), Potassium: 190.11mg (5.43%), Vitamin B3: 1.08mg (5.38%), Magnesium: 20.72mg (5.18%), Vitamin B5: 0.51mg (5.11%), Fiber: 1.14g (4.57%), Vitamin D: 0.62µg (4.17%), Copper: 0.07mg (3.64%)