



Tomato-Artichoke Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 cup basil fresh shredded
- 7 ounce breadstick dough refrigerated canned
- 1 tablespoon cornmeal
- 1.5 teaspoons cornstarch
- 1 egg white
- 2 eggs
- 2 cloves garlic minced
- 2 tablespoons green onions minced
- 4 ounce marinated artichoke hearts

- 1 medium onion halved thinly sliced
- 1 tablespoon oregano fresh minced
- 0.3 cup parmesan cheese grated
- 2 ounces part-skim mozzarella cheese shredded
- 1 cup evaporated skimmed milk
- 1 cup sun-dried tomato halves
- 1 cup water boiling

Equipment

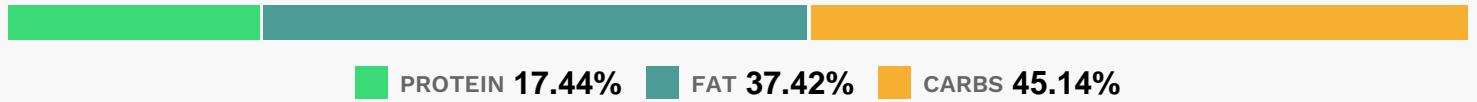
- frying pan
- oven
- sieve
- blender

Directions

- Combine tomato and water; let stand 15 minutes.
- Drain and cut into thin slices.
- Separate breadstick dough into strips. Coil 1 strip of dough.
- Add second strip to end of first, pinching ends together; continue coiling. Repeat procedure with remaining strips to make an 8-inch-round coil. Press coiled dough into a 13-inch circle, and place in a 9-inch pieplate coated with cooking spray. Fold edges under, and flute; sprinkle with cornmeal.
- Drain artichokes in a wire-mesh strainer, reserving liquid; chop artichokes.
- Pour liquid into a nonstick skillet; place over medium-high heat until hot.
- Add garlic and onions; saute 5 minutes. Stir in basil and oregano; remove from heat.
- Arrange tomato, artichokes, and onion mixture over dough; sprinkle with cheeses.
- Combine milk and remaining 3 ingredients in container of an electric blender; cover and process until smooth.
- Pour over cheese.
- Bake at 375 for 35 minutes.

Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:13.081304301386%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 274.46kcal (13.72%), Fat: 11.88g (18.27%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 28.1g (10.22%), Sugar: 12.03g (13.36%), Cholesterol: 65.46mg (21.82%), Sodium: 593.75mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.91%), Manganese: 0.46mg (22.82%), Potassium: 796.15mg (22.75%), Phosphorus: 222.11mg (22.21%), Calcium: 220.98mg (22.1%), Vitamin K: 21.71µg (20.68%), Vitamin B2: 0.29mg (17.03%), Fiber: 4.14g (16.58%), Vitamin C: 13.4mg (16.24%), Copper: 0.31mg (15.42%), Selenium: 10.55µg (15.07%), Iron: 2.58mg (14.32%), Vitamin A: 680.55IU (13.61%), Magnesium: 53.97mg (13.49%), Vitamin B1: 0.15mg (9.79%), Vitamin B3: 1.86mg (9.32%), Zinc: 1.32mg (8.78%), Vitamin B6: 0.18mg (8.77%), Vitamin B12: 0.51µg (8.43%), Vitamin B5: 0.83mg (8.33%), Folate: 29.49µg (7.37%), Vitamin D: 0.79µg (5.28%), Vitamin E: 0.37mg (2.48%)