



Tomato, Olive, and Rosemary Crustless Quiche

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup olives black such as kalamata, halved lengthwise pitted
- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 cups unseasoned bread cubes 1-inch, day-old
- ☐ 2 egg yolks
- ☐ 2 large eggs
- ☐ 3 ounces emmentaler cheese grated
- ☐ 3 ounces fontina grated

- ☐ 1 teaspoon rosemary fresh minced
- ☐ 4 cups grape tomatoes mixed red yellow dry rinsed
- ☐ 2 cups half-and-half
- ☐ 8 servings kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 cup onion white chopped

Equipment

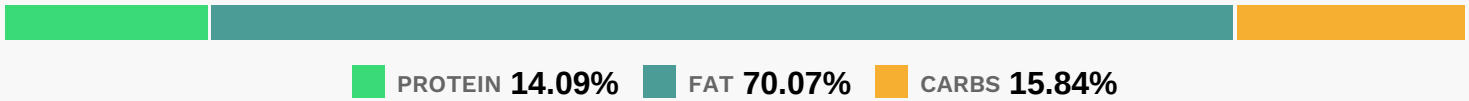
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup
- ☐ ceramic pie form

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Spread the tomatoes out in a single layer on a shallow baking pan, and toss with 2 tablespoons olive oil. Roast on the top rack for 15 minutes.
- ☐ Add the olives, and continue to roast until the tomato skins are dark brown, black in spots, about 10 minutes more.
- ☐ Remove from oven, and reduce heat to 350 degrees F.
- ☐ Meanwhile, pulse bread into crumbs in a food processor.
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat; add bread crumbs and stir until evenly toasted, about 5 minutes. Evenly spread crumbs in a 9-inch glass or ceramic pie pan.
- ☐ Place pan on a baking sheet.

- ☐ Wipe out the skillet, add the remaining 2 tablespoons olive oil and the onions, and season with 1/2 teaspoon salt. Cook, over medium-high heat until translucent and starting to brown; add lemon zest and cook for 1 minute more.
- ☐ Remove from heat and cool slightly.
- ☐ Whisk half-and-half, eggs and yolks in large glass measuring cup. Season with salt and pepper, to taste. Evenly spread the onions in the prepared pan.
- ☐ Combine the cheeses and scatter over the onions. Top with the roasted tomatoes and olives, and sprinkle with rosemary.
- ☐ Pour the custard over the fillings.
- ☐ Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:3.95, Inflammation Score:-7, Nutrition Score:11.991739376732%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 331.06kcal (16.55%), Fat: 26.2g (40.31%), Saturated Fat: 10.48g (65.48%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 11.38g (4.14%), Sugar: 6.21g (6.9%), Cholesterol: 138.49mg (46.16%), Sodium: 497.5mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Calcium: 260.42mg (26.04%), Phosphorus: 235.29mg (23.53%), Vitamin A: 1176.45IU (23.53%), Selenium: 16.22µg (23.17%), Vitamin B2: 0.3mg (17.61%), Vitamin C: 13.22mg (16.03%), Vitamin E: 2.39mg (15.96%), Vitamin B12: 0.81µg (13.56%), Manganese: 0.26mg (12.89%), Vitamin K: 13.27µg (12.64%), Zinc: 1.61mg (10.75%), Folate: 40.05µg (10.01%), Potassium: 342.04mg (9.77%), Vitamin B6: 0.18mg (9.11%), Fiber: 1.95g (7.78%), Vitamin B5: 0.77mg (7.74%), Vitamin B1: 0.12mg (7.74%), Magnesium: 28.19mg (7.05%), Iron: 1.13mg (6.26%), Vitamin B3: 1.17mg (5.84%), Copper: 0.1mg (5.09%), Vitamin D: 0.56µg (3.71%)