



HEALTH SCORE

100%

Vegan Quiche



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



1626 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon champagne vinegar
- ☐ 4 tablespoons chives chopped
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup dairy free coconut milk creamer barista style so delicious®
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons herbs de provence
- ☐ 1 bunch kale raab shredded

- ☐ 0.3 cup nutritional yeast
- ☐ 4 tablespoons parsley chopped
- ☐ 1 pre-made pie crust gluten-free (wheat-based or)
- ☐ 1 large bell pepper diced sweet red finely (or orange)
- ☐ 1 small onion diced red finely
- ☐ 0.5 teaspoon salt black
- ☐ 1 serving sea salt and pepper black freshly ground to taste
- ☐ 12 ounce silken tofu firm
- ☐ 0.5 teaspoon turmeric
- ☐ 12 ounce water-packed tofu firm
- ☐ 1 medium zucchini diced finely

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

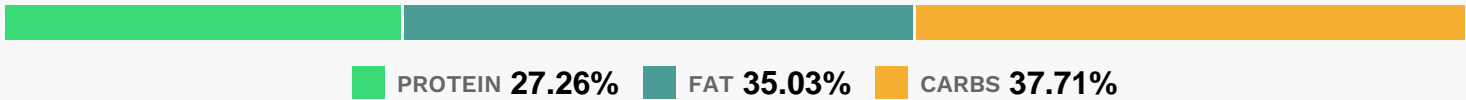
Directions

- ☐ Pre-bake the crust according to the directions and set aside.Preheat your oven to 400F and lightly grease 6 silicone muffin baking cups.Bring a saut pan to medium-high heat and lightly coat with spray oil.
- ☐ Add the onions and saut until translucent, about 5 minutes, add garlic and continue to saut until very fragrant, about 3 more minutes.
- ☐ Add zucchini and bell pepper, and continue to saut for 7 minutes.
- ☐ Add the kale, 2 tablespoons each of the parsley and chives, the Herbes de Provence, sea salt and freshly ground pepper to taste. Saut for another 7 minutes and remove from heat.Squeeze out water from water-packed tofu. No need to press for a long time, just

squeeze out a little of the excess water with your hands. Crumble into large mixing bowl and add the sauted veggies & herbs.

- ☐ Add in remaining parsley and chives. Put silken tofu, cornstarch, nutritional yeast, creamer, vinegar, turmeric, dry mustard, and black salt into the container for a high-speed blender. Blend until smooth, scraping down the sides to be certain all dry ingredients are incorporated well with wet.
- ☐ Add contents of the container to the mixing bowl with the tofu and sauted veggies.
- ☐ Mix together all ingredients until evenly combined.
- ☐ Pour mixture into pre-cooked pie crust, and pour any excess mixture into the prepared baking cups.
- ☐ Place filled pie crust and baking cups onto a baking tray.
- ☐ Bake for 45 minutes or until a toothpick inserted into the center comes out clean.
- ☐ Let quiche stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:283.42, Glycemic Load:7.14, Inflammation Score:-10, Nutrition Score:82.481739292974%

Flavonoids

Apigenin: 34.48mg, Apigenin: 34.48mg, Apigenin: 34.48mg, Apigenin: 34.48mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 37mg, Isorhamnetin: 37mg, Isorhamnetin: 37mg, Isorhamnetin: 37mg Kaempferol: 63.04mg, Kaempferol: 63.04mg, Kaempferol: 63.04mg, Kaempferol: 63.04mg Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg Quercetin: 54.08mg, Quercetin: 54.08mg, Quercetin: 54.08mg, Quercetin: 54.08mg

Nutrients (% of daily need)

Calories: 1626.49kcal (81.32%), Fat: 63.54g (97.76%), Saturated Fat: 16.78g (104.88%), Carbohydrates: 153.88g (51.29%), Net Carbohydrates: 131.27g (47.73%), Sugar: 25.49g (28.32%), Cholesterol: 122.47mg (40.82%), Sodium: 2789.23mg (121.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 111.24g (222.47%), Vitamin K: 859.7µg (818.76%), Vitamin C: 414.59mg (502.53%), Vitamin A: 21122.99IU (422.46%), Selenium: 248.98µg (355.69%), Vitamin B3: 47.92mg (239.61%), Vitamin B12: 10.02µg (166.96%), Manganese: 2.81mg (140.36%), Vitamin B6: 2.74mg (137.22%), Iron: 22.3mg (123.87%), Folate: 438.95µg (109.74%), Phosphorus: 1063.74mg (106.37%), Vitamin B2: 1.79mg (105.44%), Potassium: 3438mg (98.23%), Vitamin B1: 1.41mg (94.15%), Fiber: 22.61g (90.45%), Calcium: 851.19mg (85.12%), Magnesium: 337.11mg (84.28%), Copper: 1.49mg (74.29%), Vitamin E: 8.97mg (59.78%), Zinc:

7.35mg (48.99%), Vitamin D: 5.5µg (36.66%), Vitamin B5: 2.51mg (25.13%)