



Vegetable Cheddar Quiche

READY IN



75 min.

SERVINGS



8

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup broccoli florets
- 0.1 tsp ground pepper
- 8 servings cilantro leaves for garnish
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 2 cloves garlic minced
- 0.3 cup mayonnaise
- 0.3 cup milk
- 2 Tbs olive oil

- 1 cup onion chopped
- 3 Tbs parmesan freshly grated
- 0.5 tsp pepper
- 1 pie crust dough refrigerated
- 0.5 tsp salt
- 1 cup sharp cheddar cheese shredded
- 1 cup pkt spinach fresh

Equipment

- bowl
- frying pan
- oven
- whisk
- stove

Directions

- Preheat oven to 37
- Unroll pie crust and place into pie plate, crimp edges and set aside. Cook vegetables and garlic in frying pan over medium heat on stove top for about 5 minutes until tender stir occasionally.
- Add salt, pepper and cayenne pepper while cooking. After vegetables are tender, remove pan from the heat and set aside to cool. In a bowl, beat the eggs, mayonnaise and milk with a whisk until all is blended and smooth. Once vegetables have cooled, add them to the egg mix.
- Add the cheese as well and then pour the mixture into the pie crust. Top with the 3 tbs of grated parmesan cheese.
- Bake for 40-45 minutes until you can jiggle the pie plate and the center of the quiche is set and not jiggly! The top should be golden brown.
- Let quiche stand for 10 minutes before cutting to serve.
- Garnish with cilantro

Nutrition Facts

PROTEIN 10.02% FAT 68.75% CARBS 21.23%

Properties

Glycemic Index:52.88, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:10.051739130435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 282.15kcal (14.11%), Fat: 21.8g (33.55%), Saturated Fat: 6.56g (40.98%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 13.61g (4.95%), Sugar: 2.15g (2.39%), Cholesterol: 20.54mg (6.85%), Sodium: 426.79mg (18.56%), Protein: 7.15g (14.3%), Vitamin K: 49.62µg (47.26%), Vitamin C: 13.47mg (16.32%), Calcium: 155.88mg (15.59%), Vitamin B2: 0.24mg (14.36%), Phosphorus: 142.49mg (14.25%), Selenium: 8.81µg (12.58%), Vitamin A: 621.03IU (12.42%), Manganese: 0.22mg (11.06%), Folate: 40.9µg (10.22%), Vitamin E: 1.21mg (8.05%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.11mg (7.42%), Vitamin B5: 0.67mg (6.65%), Zinc: 0.96mg (6.39%), Potassium: 218.54mg (6.24%), Fiber: 1.55g (6.19%), Copper: 0.12mg (6.1%), Vitamin B6: 0.12mg (5.79%), Iron: 1.01mg (5.59%), Magnesium: 19.12mg (4.78%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.27µg (1.82%)