

Vegetable Quiche

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup buttermilk baking mix
- ☐ 1 carrots grated
- ☐ 3 eggs beaten
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 large bell pepper green chopped
- ☐ 1 green onion sliced
- ☐ 8 servings ground pepper black to taste
- ☐ 0.8 teaspoon penzey's southwest seasoning italian

- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.3 cup vegetable oil
- ☐ 1 baby squash yellow grated peeled
- ☐ 1 zucchini grated peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- ☐ Heat 1 teaspoon vegetable oil in a skillet over medium heat; cook and stir onion, bell pepper, and garlic in hot oil until just tender, about 5 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Mix eggs, zucchini, yellow squash, carrot, green onion, baking mix, 1/2 cup Cheddar cheese, 1/4 cup vegetable oil, salt, Italian seasoning, paprika, red pepper flakes, and black pepper into onion mixture.
- ☐ Spread vegetable mixture into prepared baking dish and sprinkle with remaining 1/2 cup Cheddar cheese.
- ☐ Bake in preheated oven until lightly browned, about 35 minutes.

Nutrition Facts



 **PROTEIN 13.19%**  **FAT 61.3%**  **CARBS 25.51%**

Properties

Glycemic Index:37.35, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:11.173913022746%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 227.46kcal (11.37%), Fat: 15.72g (24.18%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.01g (4.73%), Sugar: 4.27g (4.74%), Cholesterol: 75.81mg (25.27%), Sodium: 609.03mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin A: 1758.65IU (35.17%), Vitamin C: 18.83mg (22.82%), Phosphorus: 215.34mg (21.53%), Vitamin K: 22.18µg (21.12%), Vitamin B2: 0.28mg (16.35%), Calcium: 157.01mg (15.7%), Selenium: 10.53µg (15.04%), Folate: 49.08µg (12.27%), Manganese: 0.23mg (11.32%), Vitamin B6: 0.21mg (10.51%), Vitamin B1: 0.14mg (9.36%), Potassium: 264.83mg (7.57%), Vitamin E: 1.13mg (7.56%), Zinc: 1.06mg (7.05%), Fiber: 1.7g (6.79%), Iron: 1.16mg (6.42%), Vitamin B5: 0.59mg (5.93%), Vitamin B12: 0.36µg (5.92%), Magnesium: 23.01mg (5.75%), Vitamin B3: 1.12mg (5.6%), Copper: 0.09mg (4.45%), Vitamin D: 0.41µg (2.77%)