



## Vegetarian Quiche

READY IN



100 min.

SERVINGS



6

CALORIES



1529 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 tablespoons butter
- 0.3 teaspoon curry powder
- 5 eggs
- 0.5 cup mushrooms fresh sliced
- 1 clove garlic minced
- 1 bell pepper green chopped
- 1 pinch ground cinnamon
- 0.3 teaspoon ground pepper black
- 0.3 cup milk

- 1.5 cups onion chopped
- 0.3 cup parmesan cheese grated
- 9 inch unbaked pastry shell
- 0.5 teaspoon salt
- 0.3 cup cheddar cheese shredded
- 1 cup tomatoes chopped
- 0.5 cup zucchini chopped

## Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil

## Directions

- Sprinkle 1 teaspoon salt over zucchini and let sit for 10 minutes to drain water.
- Preheat oven to 450 degrees F (235 degrees C). Line pastry shell with a double thickness of heavy-duty aluminum foil.
- Bake pastry shell in preheated oven for 5 minutes; remove foil and bake until shell is lightly browned, about 5 minutes longer.
- Reduce oven heat to 350 degrees F (175 degrees C).
- Melt butter in a large skillet over medium heat; cook and stir onion, green pepper, tomatoes, mushrooms, garlic, and zucchini until just tender, about 5 minutes. Stir in curry powder, 1/2 teaspoon salt, pepper, and cinnamon; spoon vegetable mixture into crust.
- Beat eggs in a bowl; stir in milk, Parmesan cheese, and Cheddar cheese. Carefully pour egg mixture over vegetables.
- Bake in preheated oven until a knife inserted near the center comes out clean, 40 to 45 minutes.
- Let stand 5 minutes before cutting.

# Nutrition Facts

PROTEIN 7.11% FAT 52.49% CARBS 40.4%

## Properties

Glycemic Index:51.5, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:29.483043359674%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

## Nutrients (% of daily need)

Calories: 1529.01kcal (76.45%), Fat: 88.78g (136.58%), Saturated Fat: 29.81g (186.34%), Carbohydrates: 153.73g (51.24%), Net Carbohydrates: 144.66g (52.6%), Sugar: 3.9g (4.33%), Cholesterol: 155.99mg (52%), Sodium: 1615.25mg (70.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.11%), Manganese: 1.5mg (74.79%), Folate: 245.92µg (61.48%), Vitamin B1: 0.9mg (59.96%), Iron: 8.81mg (48.95%), Vitamin B2: 0.79mg (46.6%), Selenium: 32.44µg (46.35%), Vitamin B3: 8.78mg (43.89%), Phosphorus: 381.51mg (38.15%), Fiber: 9.08g (36.3%), Vitamin C: 24.49mg (29.69%), Vitamin K: 26.82µg (25.55%), Vitamin B5: 2.09mg (20.89%), Vitamin B6: 0.37mg (18.51%), Calcium: 178.97mg (17.9%), Copper: 0.33mg (16.63%), Potassium: 578.22mg (16.52%), Magnesium: 65.24mg (16.31%), Zinc: 2.44mg (16.29%), Vitamin E: 2.18mg (14.56%), Vitamin A: 720.44IU (14.41%), Vitamin B12: 0.5µg (8.31%), Vitamin D: 0.91µg (6.07%)