



Yellow Squash and Mozzarella Quiche with Fresh Thyme

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 large eggs
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 4 tablespoons water ()
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 0.8 teaspoon salt

- ☐ 12 ounces baby squash yellow cut into 1/4-inch-thick rounds
- ☐ 1.3 cups unbleached all purpose flour
- ☐ 1 cup whipping cream

Equipment

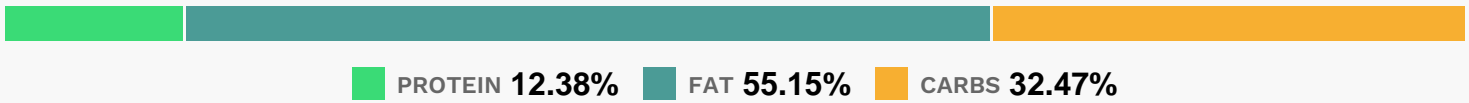
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter. Using on/off turns, blend until coarse meal forms.
- ☐ Add 4 tablespoons ice water. Using on/off turns, blend until dough comes together in moist clumps, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap and chill at least 1 hour and up to 1 day.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on floured surface to 14 1/2-inch round.
- ☐ Transfer to 10-inch-diameter tart pan with removable bottom. Fold overhang in; press to form double-thick sides. Push sides up until 1/4 inch higher than top edge of pan. Pierce crust all over with fork. Freeze 10 minutes.
- ☐ Line dough with foil and dried beans or pie weights.
- ☐ Bake until sides are set, about 25 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is golden, piercing with fork if crust bubbles, about 15 minutes.
- ☐ Transfer crust to rack; cool completely. Reduce oven temperature to 350°F.
- ☐ Melt butter in heavy medium skillet over medium heat.

- ☐ Add squash and thyme. Sauté until squash is just tender and translucent, about 5 minutes. Cool to room temperature.
- ☐ Whisk eggs, cream, salt, pepper, and hot sauce in bowl. Arrange squash over bottom of crust.
- ☐ Sprinkle with mozzarella.
- ☐ Place tart pan on oven rack.
- ☐ Pour egg mixture into crust, filling completely (some egg mixture may be left over).
- ☐ Bake quiche until filling is golden and set in center, about 35 minutes.
- ☐ Transfer quiche to rack; cool 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:22.914782399717%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 516.46kcal (25.82%), Fat: 31.94g (49.14%), Saturated Fat: 17.92g (111.98%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 39.38g (14.32%), Sugar: 4g (4.44%), Cholesterol: 353.76mg (117.92%), Sodium: 592.75mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.25%), Vitamin A: 10457.16IU (209.14%), Selenium: 38.52µg (55.03%), Vitamin B2: 0.67mg (39.47%), Folate: 132.67µg (33.17%), Vitamin B1: 0.43mg (28.96%), Phosphorus: 255.39mg (25.54%), Manganese: 0.49mg (24.71%), Vitamin C: 20.01mg (24.25%), Iron: 3.97mg (22.07%), Vitamin B5: 1.82mg (18.23%), Vitamin E: 2.73mg (18.21%), Vitamin B3: 3.44mg (17.21%), Vitamin D: 2.45µg (16.35%), Vitamin B6: 0.3mg (15.04%), Potassium: 510.23mg (14.58%), Calcium: 134.14mg (13.41%), Magnesium: 52.73mg (13.18%), Vitamin B12: 0.77µg (12.81%), Fiber: 2.93g (11.71%), Zinc: 1.54mg (10.25%), Copper: 0.19mg (9.4%), Vitamin K: 3.64µg (3.46%)