



Zucchini and Caramelized Onion Quiche

READY IN



55 min.

SERVINGS



6

CALORIES



442 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup caramelized onions finely chopped
- ☐ 3 large eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan grated

- ☐ 14.1 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 4 cups zucchini ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Roll dough into a 12-inch circle. Fit dough into a 10-inch deep-dish pie plate. Fold edges under; flute. Line dough with foil; arrange pie weights or dried beans on foil.
- ☐ Bake at 425 for 12 minutes or until edges are golden.
- ☐ Remove weights and foil; bake an additional 2 minutes. Cool on a wire rack.
- ☐ Reduce oven temperature to 37
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add zucchini and garlic; sprinkle with 1/4 teaspoon salt. Saut 5 minutes or until crisp-tender. Cool slightly.
- ☐ Arrange Basic Caramelized Onions over bottom of crust; top with zucchini mixture.
- ☐ Combine remaining 1/2 teaspoon salt, milk, flour, pepper, eggs, and cheese in a medium bowl, stirring well with a whisk.
- ☐ Pour milk mixture over zucchini mixture.
- ☐ Bake at 375 for 35 minutes or until set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 11.84%**  **FAT 50.75%**  **CARBS 37.41%**

Properties

Glycemic Index:34.33, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:13.895217543063%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 441.81kcal (22.09%), Fat: 24.92g (38.34%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 38.37g (13.95%), Sugar: 5.03g (5.59%), Cholesterol: 100.63mg (33.54%), Sodium: 755.28mg (32.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.17%), Manganese: 0.54mg (26.79%), Vitamin B2: 0.4mg (23.79%), Phosphorus: 237.51mg (23.75%), Selenium: 15.29µg (21.85%), Folate: 86.84µg (21.71%), Vitamin C: 16.72mg (20.27%), Calcium: 196.57mg (19.66%), Vitamin B1: 0.28mg (18.87%), Iron: 2.73mg (15.16%), Vitamin B6: 0.29mg (14.26%), Potassium: 424.12mg (12.12%), Vitamin B3: 2.4mg (12.02%), Fiber: 2.95g (11.8%), Vitamin B5: 1.05mg (10.45%), Vitamin K: 10.46µg (9.96%), Magnesium: 39.31mg (9.83%), Vitamin B12: 0.56µg (9.37%), Zinc: 1.35mg (9.01%), Vitamin A: 444.62IU (8.89%), Vitamin E: 1.04mg (6.92%), Copper: 0.13mg (6.61%), Vitamin D: 0.97µg (6.5%)