



Zucchini and Goat Cheese Crustless Quiche

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 cups day-old bread cubes
- ☐ 2 egg yolks
- ☐ 2 large eggs
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon marjoram fresh chopped
- ☐ 1 clove garlic thinly sliced

- ☐ 6 ounces young goat cheese such as Montrachet.
- ☐ 2 ounces Gruyère cheese grated
- ☐ 2 cups half-and-half
- ☐ 8 servings kosher salt
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1.5 pounds a mixture of summer squashes
- ☐ 1 medium onion white chopped

Equipment

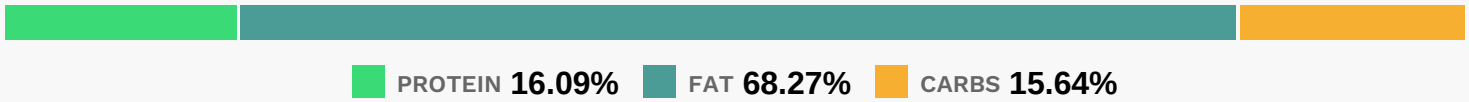
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ colander
- ☐ box grater
- ☐ ceramic pie form

Directions

- ☐ Preheat oven to 350 degrees F. Shred the squash on the large holes of a box grater, into a colander.
- ☐ Sprinkle with a heaping tablespoon salt and toss well.
- ☐ Place in the sink and drain for 15 minutes. Rinse and then squeeze firmly, by the handful, to remove excess water. Set aside.
- ☐ Meanwhile, pulse bread into crumbs in a food processor.
- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat; add bread crumbs and stir until evenly toasted, about 5 minutes. Evenly spread crumbs in a 9-inch glass or ceramic pie pan.
- ☐ Place pan on a baking sheet.

- ☐ Wipe out the skillet, add remaining 2 tablespoons oil, the onions and garlic and season with 1/2 teaspoon salt, cook over medium-high heat, until onions are start to brown, about 5 minutes.
- ☐ Add the zucchini, and cook, stirring, for 2 minutes. Stir in parsley, dill and marjoram or oregano.
- ☐ Remove from heat, cool slightly.
- ☐ Whisk half-and-half, eggs and yolks in large glass measuring cup. Season with salt and pepper to taste.
- ☐ Spread the zucchini mixture in the prepared pan. Crumble the goat cheese and evenly scatter on the vegetables.
- ☐ Sprinkle Gruyere on top and pour the custard over the fillings.
- ☐ Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:3.63, Inflammation Score:-6, Nutrition Score:13.345652186352%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 307.98kcal (15.4%), Fat: 23.77g (36.56%), Saturated Fat: 10.6g (66.24%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 10.6g (3.85%), Sugar: 5.85g (6.5%), Cholesterol: 133.85mg (44.62%), Sodium: 432.19mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.21%), Vitamin B2: 0.45mg (26.56%), Phosphorus: 248.29mg (24.83%), Vitamin K: 25.54µg (24.32%), Vitamin C: 17.55mg (21.27%), Calcium: 210.75mg (21.07%), Selenium: 13.24µg (18.91%), Vitamin A: 893.7IU (17.87%), Vitamin B6: 0.35mg (17.28%), Manganese: 0.34mg (17.13%), Folate: 55.36µg (13.84%), Copper: 0.24mg (12.21%), Potassium: 379.91mg (10.85%), Vitamin E: 1.6mg (10.66%), Vitamin B1: 0.14mg (9.48%), Vitamin B5: 0.93mg (9.28%), Zinc: 1.37mg (9.13%), Iron: 1.62mg (8.97%), Magnesium: 34.67mg (8.67%), Vitamin B12: 0.47µg (7.8%), Fiber: 1.66g (6.63%), Vitamin B3: 1.21mg (6.05%), Vitamin D: 0.62µg (4.14%)