



Zucchini Crustless Quiche

 Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



1573 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon parsley dried
- ☐ 5 eggs
- ☐ 0.5 cup feta cheese crumbled reduced-fat
- ☐ 1 cup flour all-purpose
- ☐ 1 pinch ground pepper black
- ☐ 1 onion coarsely chopped
- ☐ 1 serving paprika for garnish

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce mozzarella cheese fat-free shredded
- ☐ 3 small zucchini coarsely chopped

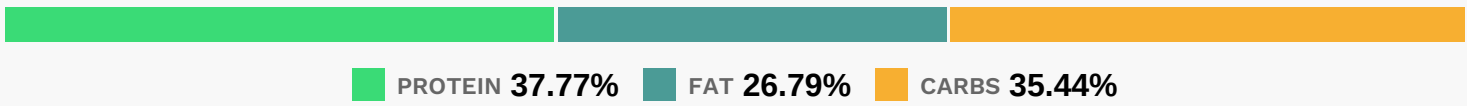
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a quiche dish or a 9-inch pie pan, and set aside.
- ☐ Place the zucchini, onion, eggs, Parmesan cheese, feta cheese, parsley, salt, and pepper into the work bowl of a food processor, and process for about 1 minute, until all the ingredients are finely chopped and blended.
- ☐ Add the flour and baking powder, and process 1 more minute, scraping the side of the bowl if necessary.
- ☐ Place the mozzarella cheese into the work bowl, and process for about 1 minute, to combine the cheese thoroughly into the mixture.
- ☐ Scrape the mixture into the prepared quiche dish, sprinkle with paprika, and bake for 1 hour, or until set. The quiche is done when a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:256, Glycemic Load:73.48, Inflammation Score:-10, Nutrition Score:67.519999960194%

Flavonoids

Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.67mg, Quercetin: 24.67mg, Quercetin: 24.67mg, Quercetin: 24.67mg

Nutrients (% of daily need)

Calories: 1572.94kcal (78.65%), Fat: 47.03g (72.35%), Saturated Fat: 20.57g (128.58%), Carbohydrates: 140.02g (46.67%), Net Carbohydrates: 126.41g (45.97%), Sugar: 20.95g (23.27%), Cholesterol: 942.9mg (314.3%), Sodium: 4584.34mg (199.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 149.2g (298.4%), Calcium: 3086.39mg (308.64%), Phosphorus: 2636.1mg (263.61%), Selenium: 171.68µg (245.26%), Vitamin B2: 2.86mg (168.48%), Folate: 464.78µg (116.19%), Zinc: 16.18mg (107.87%), Vitamin B1: 1.34mg (89.65%), Manganese: 1.78mg (88.82%), Vitamin A: 4408.19IU (88.16%), Vitamin C: 71.59mg (86.77%), Vitamin B12: 4.72µg (78.66%), Iron: 13.01mg (72.27%), Vitamin B6: 1.4mg (70.18%), Magnesium: 225.99mg (56.5%), Fiber: 13.61g (54.45%), Potassium: 1903.48mg (54.39%), Vitamin B5: 4.99mg (49.92%), Vitamin B3: 9.79mg (48.94%), Copper: 0.68mg (34.14%), Vitamin D: 4.65µg (31%), Vitamin E: 3.99mg (26.61%), Vitamin K: 23.63µg (22.5%)