



Zucchini, Sweet Onion, and Red Pepper Tart

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

Ingredients

- 10 inch greek baking-powder piecrust
- 2 large egg whites
- 2 large eggs
- 2 garlic cloves minced
- 2 tablespoons nonfat milk dry
- 1 ounce parmesan cheese fresh finely grated
- 2 cups bell pepper diced red (2 medium)
- 0.5 teaspoon salt divided
- 0.5 cup skim milk

- 1 ounce swiss cheese shredded
- 1 cup vidalia sweet chopped
- 1 tablespoon water
- 1 pound zucchini chopped
- 1 teaspoon or dried fresh chopped

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack

Directions

- Preheat oven to 37
- Press Greek Baking-Powder Piecrust into a 10-inch quiche dish coated with cooking spray.
- Combine eggs and egg whites in a medium bowl; beat well with a whisk.
- Brush 2 tablespoons egg mixture over crust, and set remaining egg mixture aside.
- Bake at 375 for 7 minutes; cool on a wire rack.
- Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- Add onion, bell pepper, and 1/4 teaspoon salt; saute 10 minutes or until lightly browned.
- Add zucchini, garlic, and water; saute 10 minutes or until vegetables are tender. Stir in thyme. Spoon zucchini mixture into prepared crust.
- Add milks and 1/4 teaspoon salt to remaining egg mixture in bowl; beat well.
- Pour egg mixture evenly over zucchini mixture; sprinkle with cheeses.
- Bake at 375 for 45 minutes or until knife inserted near center comes out clean.

Nutrition Facts



■ PROTEIN 30.99% ■ FAT 34.65% ■ CARBS 34.36%

Properties

Glycemic Index:42.71, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:15.596521522688%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 119.06kcal (5.95%), Fat: 4.75g (7.31%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.49g (3.09%), Sugar: 7.84g (8.71%), Cholesterol: 70.72mg (23.57%), Sodium: 387.78mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin C: 78.95mg (95.7%), Vitamin A: 1975.19IU (39.5%), Calcium: 212.2mg (21.22%), Vitamin B2: 0.34mg (20.02%), Phosphorus: 198.62mg (19.86%), Vitamin B6: 0.37mg (18.65%), Selenium: 11.38µg (16.25%), Folate: 58.3µg (14.57%), Potassium: 466.79mg (13.34%), Manganese: 0.25mg (12.41%), Vitamin B12: 0.58µg (9.61%), Magnesium: 34.75mg (8.69%), Fiber: 2.12g (8.49%), Vitamin K: 8.84µg (8.42%), Vitamin B5: 0.82mg (8.24%), Zinc: 1.17mg (7.81%), Vitamin E: 1.11mg (7.39%), Vitamin B1: 0.11mg (7.06%), Iron: 1.18mg (6.54%), Vitamin D: 0.86µg (5.71%), Vitamin B3: 0.97mg (4.83%), Copper: 0.09mg (4.41%)