

Basic Quiche

Yield 6 servings

Ingredients

| | |
|--------------|--|
| 1 | pie crust (baked, 9-inch) |
| 1 cup | vegetables (chopped, broccoli, zucchini, or mushrooms) |
| 1/2 cup | cheese (shredded) |
| 3 | egg (beaten) |
| 1 cup | milk (non-fat) |
| 1/2 teaspoon | salt |
| 1/2 teaspoon | pepper |
| 1/2 teaspoon | garlic powder |

Instructions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Cost

Per recipe: \$3.41
Per serving: \$0.57

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 slice, 1/6 of recipe (128g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 105mg | 35% |
| Sodium 440mg | 18% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 2g | 8% |
| Sugars 4g | |
| Protein 9g | |
| Vitamin A 10% | • Vitamin C 25% |
| Calcium 15% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |