

Artisan Quiche

Filling Ingredients

- 5 eggs
- 3/4 c milk
- 1/4 c. onion, chopped fine and sautéed in butter
- 1 t. Live by Heart Artisan Spice blend
- 1/2 t. salt
- 1 c cheese, grated paprika
- optional ingredients:* chopped ham, bacon bits, cooked broccoli



Crust Ingredients

- 1 cup whole wheat flour
- 1 t. salt
- 1/4 c. oil
- 3 T. milk

Directions

Filling: Beat eggs, milk, spice blend, and salt in medium bowl until well blended.

Place sautéed onions and cheese (and any opt. ingredients) onto crust and pour egg mixture over.

Sprinkle with paprika and bake in preheated 375 oven for 30 min or until knife inserted into quiche comes out clean

Crust: mix altogether and press into 9-inch pie pan

Figure 1 - Egg Filling

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	219
	% Daily Value*
Total Fat 15.8g	20%
Saturated Fat 8.2g	41%
Cholesterol 238mg	79%
Sodium 585mg	25%
Total Carbohydrate 3.8g	1%
Dietary Fiber 0.3g	1%
Total Sugars 3g	
Protein 15.6g	
Vitamin D 23mcg	114%
Calcium 289mg	22%
Iron 1mg	7%
Potassium 144mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Figure 1 - Crust

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	159
	% Daily Value*
Total Fat 14.1g	18%
Saturated Fat 1.9g	10%
Cholesterol 1mg	0%
Sodium 587mg	26%
Total Carbohydrate 7.1g	3%
Dietary Fiber 1g	4%
Total Sugars 0.5g	
Protein 1.8g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron 0mg	2%
Potassium 38mg	1%

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