

Potato Crusted Quiche

Zucchini and tomato help this gluten-free pie pack a Vitamin C punch!

Serves 8



Nutrition Facts

Serving Size 1/8 of Quiche
Servings Per Container 8

Amount Per Serving

Calories 120 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 320mg 13%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 4%

Sugars 3g

Protein 7g

Vitamin A 6% • Vitamin C 20%

Calcium 10% • Iron 6%

*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

Please note: nutritional values are approximate.

Ingredients

Crust:

- 2-3 cups russet potato, shredded, and patted dry
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

Filling:

- 3 eggs
- 1 egg white
- 3/4 cup low-fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 medium zucchini, diced
- 4 green onions, diced
- 1 medium tomato, chopped

Directions

Crust:

1. Preheat the oven to 450 degrees and coat a deep 9-inch pie dish with cooking spray.
2. In a medium-sized bowl, toss the dry, shredded potatoes with olive oil, salt and pepper.
3. Transfer the potato mixture to the pie dish, and press evenly onto sides and bottom.
4. Bake 15-20 minutes, until golden brown

Filling:

5. Lower the oven heat to 375 degrees.
6. In a large bowl, whisk together eggs, egg white, milk, salt and pepper.
7. Stir in zucchini and green onion, then pour the entire mixture into the prepared crust.
8. Sprinkle tomatoes, and cheese evenly over the egg mixture.
9. Bake 30-45 minutes, until the egg is set and top is starting to brown.
10. Cool for 10 minutes.
11. Cut into 8 even slices and serve.

