

Ham, Cheddar and Broccoli Quiche

Publix Holiday Recipes Flyer
Publix Aprons

Servings: 8

1 cup frozen broccoli florets
5 large eggs (or 1-1/4 cups egg substitute)
1/2 cup half-and-half
1 cup cheddar cheese, shredded
1/2 cup cooked ham, diced
1/2 teaspoon Dijon mustard
1 frozen pie crust

Preparation Time: 10 minutes

Preheat the oven to 375 degrees.

Microwave the broccoli on HIGH for 1 to 2 minutes to thaw. Chop into bite-size pieces.

Combine the eggs and half-and-half. Stir in the remaining ingredients. Pour into the pie crust.

Bake for 30 to 35 minutes or until set.

Let stand 10 minutes before serving.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 154 Calories; 11g Fat (63.4% calories from fat); 6g Protein; 8g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 305mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	21.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	5mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	20mg	% Refuse:	n n%
Carbohydrate (g):	8g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 305mg
Potassium (mg): 60mg
Calcium (mg): 106mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 150IU
Vitamin A (r.e.): 45RE

Grain (Starch): 1/2
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 154 Calories from Fat: 97

% Daily Values*

Total Fat	11g	17%
Saturated Fat	5g	25%
Cholesterol	20mg	7%
Sodium	305mg	13%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	0%
Protein	6g	

Vitamin A	3%
Vitamin C	4%
Calcium	11%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*