

Lo-Cal Zucchini Quiche

The Corners - Vicksburg, MS
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

4 cups (about 7) unpeeled zucchini, thinly sliced
1 onion, chopped
1/4 to 1/2 cup butter or margarine
1/2 cup fresh parsley, chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/4 teaspoon garlic powder
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
2 eggs, well beaten
2 cups Swiss cheese, grated

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Preheat the oven to 375 degrees.

In a skillet, saute' the zucchini and onion in butter until the onion is translucent. Add the parsley and seasonings. Remove from the heat.

Add the eggs and cheese. Pour into a greased casserole.

Bake for 25 minutes.

Let stand for 15 minutes before cutting into squares.

Per Serving (excluding unknown items): 316 Calories; 24g Fat (68.0% calories from fat); 20g Protein; 5g Carbohydrate; 1g Dietary Fiber; 174mg Cholesterol; 513mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	316	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.0%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	6.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	24g	Folacin (mcg):	33mcg
Saturated Fat (g):	14g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	174mg	% Refuse:	n n%

Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	20g
Sodium (mg):	513mg
Potassium (mg):	193mg
Calcium (mg):	582mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	1224IU
Vitamin A (r.e.):	273RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 316 Calories from Fat: 215

% Daily Values*

Total Fat 24g	37%
Saturated Fat 14g	72%
Cholesterol 174mg	58%
Sodium 513mg	21%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 20g	

Vitamin A	24%
Vitamin C	20%
Calcium	58%
Iron	7%

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