

Primavera Quiche

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Servings: 12

2 tablespoons olive oil
1 fennel bulb, diced and the fronds reserved
1 onion, diced
2 carrots, peeled and diced
1 bunch asparagus, trimmed and sliced into 1/4-inch pieces
1/2 teaspoon coarse salt
1/2 teaspoon freshly ground black pepper
1 cup fresh green peas
3 cloves garlic, minced
1 nine-inch refrigerated deep-dish pie crust
2 cups half-and-half
4 eggs
5 to 6 ounces herb cream cheese (such as Boursin or Rondelle), softened
1 cup Parmigiano-Reggiano cheese
1 ounce fresh basil, slivered

Preheat oven to 375 degrees.

Heat olive oil in a large saute' pan over medium-high heat. Add the fennel, onion and carrots and cook for 4 minutes, stirring. Add the asparagus, salt and pepper. Cook for 2 minutes.

Add the peas and garlic. Cook for 2 minutes.

Spread the vegetables evenly on the bottom of the pie crust.

Whisk together the half-and-half, eggs and cream cheese until smooth. Pour over the vegetables. Sprinkle the Parmigiano-Reggiano on top.

Bake 30 to 35 minutes until the top is puffed and browned.

Let cool 10 minutes. Slice into wedges.

Per Serving (excluding unknown items): 71 Calories; 4g Fat (49.9% calories from fat); 3g Protein; 6g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	18.4%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	71mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	117mg
Potassium (mg):	204mg
Calcium (mg):	33mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	3660IU
Vitamin A (r.e.):	381RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 71 **Calories from Fat:** 36

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 71mg	24%
Sodium 117mg	5%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Protein 3g	
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Vitamin A	73%
Vitamin C	16%
Calcium	3%
Iron	5%

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