

Zucchini Quiche

Tess Visone

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 6

2 cups zucchini, sliced thin
1 cup onion, sliced
3 tablespoons olive oil
1 clove garlic, minced
1 1/2 teaspoons salt
1 cup milk
1 cup heavy cream
1/2 cup mozzarella cheese, grated
1 ten-inch pie crust

Preheat the oven to 375 degrees.

Saute' the zucchini, onion and garlic in olive oil. Season with salt. Cover the bottom of the pie crust with the mixture.

In a bowl, combine the milk, cream and mozzarella. Pour into the shell.

Bake for 30 to 35 minutes until the custard is set.

Serve hot or cold.

Per Serving (excluding unknown items): 268 Calories; 25g Fat (82.7% calories from fat); 5g Protein; 7g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 609mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	268	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	10.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	25g	Folacin (mcg):	18mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	68mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0

Protein (g): 5g
Sodium (mg): 609mg
Potassium (mg): 245mg
Calcium (mg): 144mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 860IU
Vitamin A (r.e.): 222RE

Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 268 **Calories from Fat:** 222

% Daily Values*

Total Fat	25g	39%
	Saturated Fat 12g	62%
Cholesterol	68mg	23%
Sodium	609mg	25%
Total Carbohydrates	7g	2%
	Dietary Fiber 1g	4%
Protein	5g	

Vitamin A	17%
Vitamin C	10%
Calcium	14%
Iron	2%

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