



Quick Quiche

Ingredients

4 egg whites

1 cup skim milk

**¾ cup low fat baking mix
(Bisquick)**

**2 tablespoons low fat, low
sodium parmesan cheese**

½ teaspoon dry mustard

**1 cup (4 ounces) shredded low
fat, low sodium cheddar cheese**

½ cup chopped green onions

**½ cup chopped green or red
peppers**

**1 cup frozen chopped broccoli,
thawed**

Vegetable cooking spray

Instructions

Preheat oven to 350 degrees.

Place egg whites, milk, baking mix, parmesan cheese and mustard in a large bowl and thoroughly blend using a wire ship or fork.

Add cheddar cheese, green onions, peppers, and broccoli to egg mixture. Stir well.

Pour mixture into a 9 inch pie plate coated with vegetable cooking spray.

Bake for 30-40 minutes until set (no longer runny in the middle).

Let stand 5 minutes before serving.

Yield: 6 servings

Nutrition Facts

Serving Size (146g)

Servings Per Container

Amount Per Serving

Calories 140 Calories from Fat 30

% Daily Value *

Total Fat 3g 8%

Saturated Fat 1.5g 7%

Trans Fat g

Cholesterol 5mg 2%

Sodium 240mg 10%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 6%

Sugars 4g

Protein 11g

Vitamin A 15% Vitamin C 60%

Calcium 25% 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:	2000	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

Source:



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