Mini Quiche Caps

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 15 minutes
Cooking Time: 20-25 minutes
Serves: 18 mini quiche
Average cost per mini quiche: $0.35

8 ounces mushrooms
Non-stick cooking spray
1/4 cup finely diced green onion
Bacon, 3 strips, cooked
1/4 teaspoon salt
Pinch of freshly ground black or white pepper
3 large eggs
2 large egg whites
2 tablespoons half-and-half
1 teaspoon Dijon mustard
2 ounces shredded Swiss cheese

Preheat oven to 325º. Spray mini muffin pans with non-stick spray. Slice 3 mushrooms for garnish. Heat a 10" non-stick skillet and heat over medium-high heat and spray with cooking spray. Add a single layer of mushrooms, and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn and cook about five minutes or until other side is same color. Set mushrooms aside.

Chop remaining mushrooms and add with onions, salt and pepper and sauté, stirring occasionally, 8 minutes, until onions are soft and all moisture has evaporated. Remove from the heat and let cool.

In a large bowl, whisk eggs, half-and-half and mustard. Stir in mushroom mixture and cheese.

Divide egg/mushroom mixture among muffin cups, filling each about 3/4 full. Top each cup with one slice of mushroom and lightly spray with non-stick spray. Bake about 20-25 minutes until puffed and set. Let cool in the pan 5 minutes. Using a teaspoon, gently run the spoon around the edge of each cup and scoop each quiche to remove. Place a sautéed mushroom slice on top of each quiche and serve.

Nutrition Facts

Serving Size (33g)
Servings Per Container

Amount Per Serving	
Calories 40	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 105mg	**4%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 2%

*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:	2,000	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

Each serving provides: 40 calories, 2.5g fat (4% Daily Value), 1g saturated fat (5% Daily Value), 40mg cholesterol (13% Daily Value), 105mg sodium (4% Daily Value), 3g protein, 9% Daily Value for selenium, 2% Daily Value for vitamin A, 2% Daily Value for potassium, 2% Daily Value for iron, 4% Daily Value for calcium, 2% Daily Value for vitamin D