

Asparagus Mini Quiches

□ *prep time:* 20 MINUTES *cook time:* 25 MINUTES *total time:* 45 MINUTES

□ *servings:* 12 MINI QUICHES *calories:* 163

Simple little filo cups filled with Asparagus Mini Quiches made with a touch of Gruyere cheese and leeks because spring is at the door!

INGREDIENTS

325 g **green asparagus** ((1 pack))

250 g **filo** sheets ((1 frozen pack))

6 **eggs**

75 ml **cream**

50 g **gruyère cheese** (finely grated (or cheddar))

1 **leek** (finely cut)

30 ml **extra virgin olive oil**

1/4 tsp **nutmeg** (optional)

salt and pepper

INSTRUCTIONS

- 1 Unfreeze your filo (*phyllo*) pastry one hour before using.
- 2 Cut all the vegetables into small pieces (*maybe reserve a few longer asparagus tips for the topping*).
- 3 In a lightly oiled pan, on medium-high heat, cook "al dente" all the vegetables.
- 4 Add salt and pepper and reserve.
- 5 Add the eggs and cream to a bowl and beat with a whisk.

- 6 Add the grated cheese, nutmeg, salt and pepper to the egg mixture.
- 7 Make the filo pastry bottom by lightly brushing each sheet and adding one on top of the other (*until six sheets thick*).
- 8 Once oiled up, cut the filo (phyllo) pastry into about 14 cm large square sheets.
- 9 Add each filo square in each hole of a greased-up muffins rack, pushing down to have a nice flat bottom.
- 10 Add the asparagus to the cups.



11 Then the egg mixture.

12 Bake the quiches for **25 minutes** on the **bottom rack** of the oven at **180°C (350F°)**.

13 Pick them out and leave them on a cooling rack for a few minutes before serving.

 **Author:** Marie Breton  **Calories:** 163kcal

 **Course:** Aperitivo, Plato principal, tapas, Tentempié  **Cuisine:** Francesa



Keyword: asparagus, blue cheese, egg rolls, filo, gruyere, healthy, leek, phyllo, quiche, quiches, snacks

NUTRITION

Calories: 163kcal | Carbohydrates: 13g | Protein: 6g | Fat: 9g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.01g | Cholesterol: 94mg | Sodium: 165mg | Potassium: 123mg | Fiber: 1g | Sugar: 1g | Vitamin A: 579IU | Vitamin C: 2mg | Calcium: 72mg | Iron: 2mg

Nutrition Facts

Asparagus Mini Quiches

Amount per Serving

Calories

163

% Daily Value*

Fat 9g	14%
Saturated Fat 4g	25%
Trans Fat 0.01g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 94mg	31%
Sodium 165mg	7%
Potassium 123mg	4%
Carbohydrates 13g	4%
Fiber 1g	4%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 579IU	12%
Vitamin C 2mg	2%
Calcium 72mg	7%
Iron 2mg	11%

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

<https://thefoodolic.com/2023/03/05/asparagus-mini-quiches/>