

Broccoli and Cauliflower Quiche

SERVING: 4 QUCHE
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking spray
- 1 bag Broccoli/Cauliflower Blend, frozen (16 oz)
- 1 cup Cheddar Cheese, finely shredded
- 2 Eggs
- 4 Egg Whites
- 1/8 tsp Salt
- 1/2 tsp Pepper
- 1 tsp Minced Garlic (2 small cloves fresh garlic)

Directions

1. PREHEAT oven to 375 ° F.
2. SPRAY a mini muffin tin with cooking spray.
3. COOK broccoli and cauliflower in the microwave as directed on the package.
4. DRAIN, CUT into smaller pieces and PLACE in a large bowl.
5. COMBINE 2 eggs and 4 egg whites in cup and beat.
6. ADD cheese, egg, salt, pepper and garlic to cauliflower. MIX well.
7. SCOOP into tins using 1 tablespoon each.
8. BAKE for 20-25 minutes until golden brown. Let REST and SERVE warm.

Nutrition Facts

6 servings per container
Serving size 4 Quiche (0.0g)

Amount Per Serving
Calories 120

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 290mg **13%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg 0%

Calcium 170mg 15%

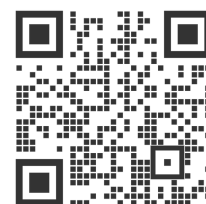
Iron 0.6mg 4%

Potassium 140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Recipe adapted from
getfreshcooking.com

*Cost information
includes lower cost
ingredients found at local
grocery store 9/8/22.



Cost Per Recipe

\$4.74

Cost Per Serving

\$0.79



Cruciferous Vegetables

Cruciferous vegetables (or brassicas) are thought to play an important role in cancer prevention. These vegetables contain phytochemicals known as isothiocyanates. These phytochemicals change the way estrogen is metabolized or broken down in the body. This, in turn, decreases the risk of hormone- or estrogen-related cancers like breast and uterine cancer. Isothiocyanates are activated by chopping or chewing the cruciferous vegetables containing them.

In addition to isothiocyanates, cruciferous vegetables are important sources of protein, fiber, vitamins, and minerals. Most people don't realize that plant foods are sources of protein, but a cup of cruciferous vegetables provides about 3 grams. For comparison, that's the same amount of protein found in half an ounce of chicken breast. Additionally, the high fiber content of cruciferous vegetables can aid digestion and improve the health of gut bacteria. Cruciferous vegetables are also good sources of vitamin A, vitamin C, vitamin K, and manganese.

Eating a serving of these vegetables daily (particularly broccoli, kale, and Brussels sprouts) can help lower the risk of disease. To retain the full array of nutrients, it is best to eat cruciferous vegetables either raw, steamed, or lightly sautéed.

Cruciferous Vegetables (Brassicas)

Arugula
Bok choy (pak choi)
Broccoflower
Broccoli
Broccoli rabe (rapini)
Brussels sprouts
Cabbage (all varieties)
Cauliflower
Collard greens
Daikon
Dark leafy greens (all)
Horseradish
Kale
Kohlrabi
Mustard greens
Radish
Romanesco
Rutabaga
Tatsoi
Turnips
Wasabi
Watercress

Common Concerns Associated with Consumption for those with Hypothyroidism or Hashimoto's disease.

Despite the many health benefits associated with cruciferous vegetables, some concerns need to be addressed. Many patients with thyroid conditions such as hypothyroidism and Hashimoto's disease are advised to avoid cruciferous vegetables due to their content of goitrogens, a substance that can interfere with thyroid gland function by inhibiting the uptake of iodine in the thyroid.

However, recent research suggests that the goitrogens found in cruciferous vegetables are most likely to affect those with an iodine deficiency or those consuming excessive amounts of the vegetables (eg, multiple servings every day)

Furthermore, cooking cruciferous vegetables can deactivate myrosinase, an enzyme responsible for the release of goitrogen, which is considered the active goitrogenic principle. For this reason, it's typically recommended to cook cruciferous vegetables before consumption, particularly for those with concerns about thyroid function.

NOTE: Some people may experience digestive symptoms after consuming cruciferous vegetables. Gas, bloating, and abdominal discomfort are a few of the most common side effects associated with cruciferous vegetable consumption. This is because they're typically high in fiber as well as raffinose, a complex carbohydrate that's fermented in the gut, causing a buildup of gas in the colon. Staying well hydrated, increasing intake gradually, and chewing foods slowly all can help ease symptoms related to increased fiber consumption

References

1. Cruciferous Vegetables. Linus Pauling Institute. <http://lpi.oregonstate.edu/mic/food-beverages/cruciferous-vegetables>. Published April 25, 2017.
2. Han B, Li X, Yu T. Cruciferous vegetables consumption and the risk of ovarian cancer: A meta-analysis of observational studies. *Diagnostic Pathology*. 2014;9:7. doi: <http://dx.doi.org/10.1186/1746-1596-9-7>.
3. Suzuki R, Iwasaki M, Hara A, et al. Fruit and vegetable intake and breast cancer risk defined by estrogen and progesterone receptor status: The Japan public health center-based prospective study. *Cancer Causes & Control*. 2013;24(12):2117-28. doi: <http://dx.doi.org/10.1007/s10552-013-0289-7>.
4. Cruciferous Vegetables. Today's Dietitian. <https://www.todaysdietitian.com/newarchives/JJ20p46.shtml>. Published June 2020.