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Good Things Utah

Monday, September 25, 2006

“Cheeseburger Quiche”

Becky Low

Dairy Council of Utah/Nevada

Ingredients:

- 1 pound lean ground beef
- 1 small onion, chopped
- 1-2 cloves garlic, minced
- 2 beef bouillon cubes
- pepper to taste
- 1 teaspoon Worcestershire sauce
- 1 1/2 tablespoons brown gravy mix
- 1 unbaked 9” pie crust
- 1 1/2 cups part-skim shredded Mozzarella cheese
- 1 cup half and half
- 1/2 cup sour cream
- 4 eggs
- 1 teaspoon dry mustard
- Fresh tomato slices, salsa, ketchup, pickles, etc

Method:

Preheat oven to 350⁰ F.

Scramble fry ground beef with chopped onion and garlic, until onion is tender and beef is cooked. Drain excess fat. Add bouillon cube, pepper to taste, Worcestershire sauce and optional brown gravy mix. Set aside to cool while preparing pie plate.

Line a 10 inch pie plate with pastry crust. Flute or crimp edges of pastry. Add cooked beef. Spread with shredded cheese.

Beat together half and half, sour cream, eggs, and dry mustard. Pour over meat mixture. Bake 50-60 minutes or until center is set. Serve with slices of fresh tomato, ketchup, salsa, pickles, etc.

NOTES: To reduce fat by 7 grams (and calories by 110) eliminate pie crust and bake as a casserole. Half n half may be substituted with whole milk and a low-fat sour cream substituted for the regular sour cream. Note: this adjustment will reduce fat by 5 grams and still maintain the calcium rich benefits of dairy; but the flavor will not be as rich.

DO AHEAD TIP:

Scramble fry beef with seasoning, cool, package and freeze until ready to use.

Nutrition Facts

Serving Size 1/8 pie	
Servings Per Container 8	
Amount Per Serving	
Calories 390	Calories from Fat 230
% Daily Value*	
Total Fat 25g	39%
Saturated Fat 11g	55%
Cholesterol 160mg	53%
Sodium 690mg	29%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	4%
Sugars 2g	
Protein 24g	
Vitamin A 8%	Vitamin C 2%
Calcium 25%	Iron 15%
*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	