



## Breakfast Quiche Bites



Vegetarian



Gluten Free

READY IN



34 min.

SERVINGS



6

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 1 cup baby spinach coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large eggs
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion diced
- ☐ 0.5 cup part-skim mozzarella cheese shredded

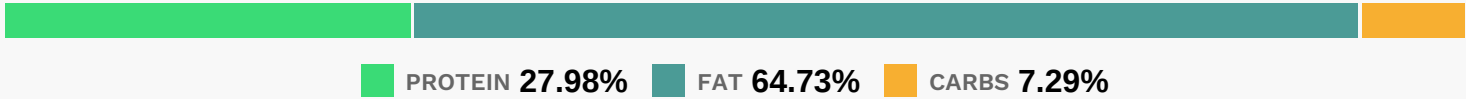
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

# Directions

- ☐ Preheat oven to 35
- ☐ Coat 6 muffin cups with cooking spray.
- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; saut 3 minutes or until almost tender.
- ☐ Add spinach; saut 2 minutes or just until spinach begins to wilt, stirring constantly.
- ☐ Transfer spinach mixture to a small bowl; cool 3 minutes. Stir in cheese.
- ☐ Combine milk and remaining ingredients, stirring with a whisk until blended. Stir in cheese mixture. Divide mixture evenly among prepared muffin cups.
- ☐ Bake at 350 for 20 minutes or until puffed and set. (Quiches will deflate slightly as they cool.)
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:15.17, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:6.6169565060864%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 100.94kcal (5.05%), Fat: 7.21g (11.1%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.03g (1.15%), Cholesterol: 130.76mg (43.59%), Sodium: 307.8mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Vitamin K: 25.99µg (24.75%), Selenium: 11.91µg (17.02%), Vitamin A: 704.36IU (14.09%), Vitamin B2: 0.21mg (12.36%), Phosphorus: 122.78mg (12.28%), Calcium: 110.45mg (11.04%), Vitamin B12: 0.43µg (7.09%), Folate: 27.98µg (6.99%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.81mg (5.37%), Zinc: 0.77mg (5.16%), Vitamin D: 0.69µg (4.63%), Iron: 0.78mg (4.32%), Vitamin B6: 0.08mg (4.25%), Manganese: 0.08mg (3.81%), Potassium: 106.41mg (3.04%), Magnesium: 11.99mg (3%), Vitamin C: 1.92mg (2.32%), Copper: 0.04mg (1.86%), Vitamin B1: 0.03mg (1.73%)