



WHATSheATE



Caramelized-Onion, Spinach, and Bacon Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup canadian bacon chopped
- ☐ 3 cups caramelized onions uncooked
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 1 cup evaporated skim milk
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 cup monterrey jack cheese shredded reduced-fat
- ☐ 0.1 teaspoon pepper

- ☐ 10 ounce pizza crust refrigerated canned
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 10 ounce spinach – frozen dry thawed drained chopped

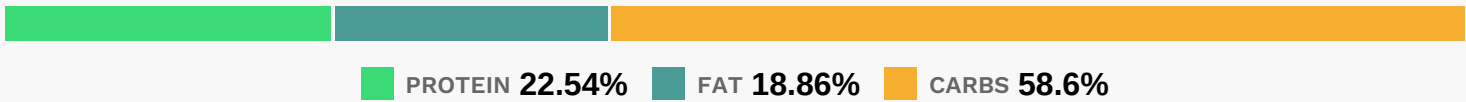
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Shape the dough into a 4-inch circle; cover and let stand for 5 minutes.
- ☐ Roll the dough into an 11-inch circle on a lightly floured surface. Fit the dough into a 9-inch pie plate coated with cooking spray, and flute.
- ☐ Combine the spinach, sour cream, and shallots in a small bowl.
- ☐ Combine the evaporated milk, salt, pepper, egg whites, and egg in a medium bowl, and stir well with a whisk. Stir 1/3 cup milk mixture into spinach mixture. Spoon the spinach mixture into bottom of prepared crust.
- ☐ Add Caramelized Onions, and top with bacon and cheese.
- ☐ Pour the remaining milk mixture over cheese.
- ☐ Place pie plate on a baking sheet, and bake at 350 degrees for 45 minutes or until set.
- ☐ Let quiche stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:22.133043372113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg

Nutrients (% of daily need)

Calories: 279.84kcal (13.99%), Fat: 6.02g (9.25%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 37.86g (13.77%), Sugar: 13.51g (15.01%), Cholesterol: 43.1mg (14.37%), Sodium: 709.7mg (30.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.35%), Vitamin K: 176.52µg (168.12%), Vitamin A: 5818.51IU (116.37%), Calcium: 267.8mg (26.78%), Folate: 102.19µg (25.55%), Manganese: 0.51mg (25.47%), Vitamin B2: 0.4mg (23.54%), Phosphorus: 218.31mg (21.83%), Selenium: 13.05µg (18.64%), Fiber: 4.2g (16.81%), Potassium: 584.89mg (16.71%), Magnesium: 65.97mg (16.49%), Vitamin B6: 0.33mg (16.39%), Iron: 2.85mg (15.84%), Vitamin B1: 0.23mg (15.1%), Vitamin C: 12.2mg (14.78%), Vitamin E: 1.54mg (10.27%), Vitamin D: 1.42µg (9.44%), Zinc: 1.33mg (8.88%), Vitamin B5: 0.72mg (7.24%), Copper: 0.14mg (7.05%), Vitamin B3: 1.3mg (6.52%), Vitamin B12: 0.34µg (5.73%)