



Caramelized-Onion, Spinach, and Bacon Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

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

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

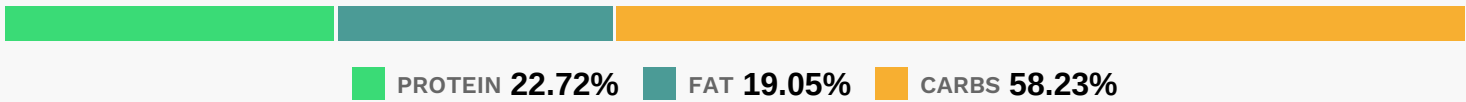
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ 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 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:22.253912904988%

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: 281.85kcal (14.09%), Fat: 6.12g (9.41%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 42.07g (14.02%), Net Carbohydrates: 37.87g (13.77%), Sugar: 13.52g (15.02%), Cholesterol: 46.84mg (15.61%), Sodium: 712.88mg (30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.83%), Vitamin K: 176.52µg (168.12%), Vitamin A: 5824.04IU (116.48%), Calcium: 268.55mg (26.86%), Folate: 102.7µg (25.67%), Manganese: 0.51mg (25.49%), Vitamin B2: 0.41mg (24.07%), Phosphorus: 220.51mg (22.05%), Selenium: 13.56µg (19.37%), Fiber: 4.2g (16.81%), Potassium: 587.91mg (16.8%), Magnesium: 66.21mg (16.55%), Vitamin B6: 0.33mg (16.48%), Iron: 2.87mg (15.94%), Vitamin B1: 0.23mg (15.13%), Vitamin C: 12.2mg (14.78%), Vitamin E: 1.55mg (10.34%), Vitamin D: 1.44µg (9.57%), Zinc: 1.35mg (8.98%), Vitamin B5: 0.74mg (7.42%), Copper: 0.14mg (7.1%), Vitamin B3: 1.31mg (6.53%), Vitamin B12: 0.35µg (5.9%)