

## Clark's Quiche

READY IN



85 min.

SERVINGS



16

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 0.5 pound bacon thick sliced
- 2 cups ham smoked diced finely
- 1 tablespoon parsley dried
- 8 eggs
- 10 ounce pkt spinach frozen thawed chopped
- 1.5 cups half-and-half cream
- 8 ounces monterrey jack cheese shredded
- 0.5 pound mushrooms fresh diced finely
- 2 tablespoons olive oil

- 1 onion diced finely
- 4 ounces parmesan cheese grated
- 16 servings salt and pepper to taste
- 8 ounces cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour
- 2 9-inch unbaked pie crusts ()

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble, and set aside. Cook spinach according to package instructions. Allow to cool, then squeeze dry.
- Heat olive oil in skillet over medium heat.
- Saute onions until soft and translucent. Stir in mushrooms, and cook for 2 minutes, or until soft. Stir in ham and cooked bacon.
- Remove from heat.
- In a large bowl, combine spinach, sour cream, salt and pepper. Divide, and spread into pie crusts.
- Layer with bacon mixture.
- Mix together Monterey Jack, Cheddar and Parmesan, and sprinkle over pies.
- Whisk together eggs, half-and-half and parsley. Season with salt and pepper, and pour over pies.

Place pies on baking sheet, and bake on middle shelf in preheated oven for 40 minutes. The top will be puffed and golden brown.

Remove from oven, and let stand for 5 to 10 minutes.

## Nutrition Facts

**PROTEIN 18.8%** **FAT 66.34%** **CARBS 14.86%**

### Properties

Glycemic Index:8.75, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:18.156087191209%

### Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

### Nutrients (% of daily need)

Calories: 448.97kcal (22.45%), Fat: 33.22g (51.1%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.3g (5.56%), Sugar: 2.39g (2.66%), Cholesterol: 149.31mg (49.77%), Sodium: 1003.31mg (43.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.37%), Vitamin K: 71.91µg (68.48%), Vitamin A: 2679.53IU (53.59%), Calcium: 374.8mg (37.48%), Phosphorus: 364.26mg (36.43%), Selenium: 22.37µg (31.96%), Vitamin B2: 0.47mg (27.36%), Folate: 65.03µg (16.26%), Zinc: 2.42mg (16.1%), Manganese: 0.28mg (13.87%), Vitamin B12: 0.7µg (11.64%), Iron: 2.03mg (11.29%), Magnesium: 44.89mg (11.22%), Vitamin B1: 0.17mg (11.12%), Vitamin B5: 0.99mg (9.89%), Vitamin B3: 1.96mg (9.81%), Vitamin E: 1.46mg (9.71%), Potassium: 336.04mg (9.6%), Vitamin B6: 0.19mg (9.34%), Copper: 0.18mg (9.1%), Fiber: 1.43g (5.72%), Vitamin D: 0.73µg (4.87%), Vitamin C: 2.27mg (2.75%)