



Clinton's Special Vegetarian Quiche

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup curd cottage cheese
- ☐ 5 eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 onion chopped
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded

- ☐ 1 cup pkt spinach fresh stemmed cleaned
- ☐ 2 tomatoes thinly sliced
- ☐ 4 tablespoons water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a quiche dish with non-stick cooking spray.
- ☐ Line the quiche dish with puff pastry, press the pastry firmly in place and trim away any excess pastry. Blind bake for 10 minutes.
- ☐ In a large skillet place spinach and 4 tablespoons water.
- ☐ Heat the mixture over medium and cover the skillet. Cook until the spinach is done, approximately 2 minutes then drain well.
- ☐ Add nutmeg to the spinach and puree the mixture.
- ☐ In a large skillet, saute the onion with butter or margarine to taste.
- ☐ Saute until the onions are soft and transparent.
- ☐ In a medium-size mixing bowl, beat eggs. Stir in the cottage cheese, spinach, and 1/2 cup of cheese. Season with salt and pepper. Arrange onions along the bottom of the pastry-lined quiche dish. Arrange the tomatoes over the onions.
- ☐ Pour the egg-mixture over the onions and tomatoes, and top entire concoction with the remaining cheese.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until the quiche has set in the middle.
- ☐ Serve hot or cold, your choice!

Nutrition Facts



 **PROTEIN 11.73%**  **FAT 62.8%**  **CARBS 25.47%**

Properties

Glycemic Index:40.88, Glycemic Load:16.1, Inflammation Score:-7, Nutrition Score:13.869130404099%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 501.7kcal (25.09%), Fat: 35.13g (54.04%), Saturated Fat: 11.84g (73.98%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 30.42g (11.06%), Sugar: 2.74g (3.04%), Cholesterol: 128.41mg (42.8%), Sodium: 590.26mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Selenium: 30.14µg (43.05%), Vitamin K: 31.25µg (29.76%), Vitamin B2: 0.42mg (24.95%), Phosphorus: 212.27mg (21.23%), Folate: 82.07µg (20.52%), Vitamin A: 1022.99IU (20.46%), Manganese: 0.4mg (20.05%), Vitamin B1: 0.29mg (19.33%), Calcium: 154.5mg (15.45%), Vitamin B3: 2.87mg (14.33%), Iron: 2.33mg (12.93%), Zinc: 1.41mg (9.39%), Vitamin B12: 0.51µg (8.56%), Vitamin C: 6.29mg (7.62%), Vitamin E: 1.08mg (7.18%), Magnesium: 27.12mg (6.78%), Vitamin B5: 0.68mg (6.77%), Copper: 0.13mg (6.66%), Potassium: 228.93mg (6.54%), Fiber: 1.63g (6.51%), Vitamin B6: 0.13mg (6.51%), Vitamin D: 0.66µg (4.41%)