



Crustless Smoked Turkey and Spinach Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup baby spinach fresh
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 cup nonfat cottage cheese fat-free
- ☐ 2.3 ounces flour all-purpose
- ☐ 4 ounces ham smoked cubed (such as Jennie-O)

- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 3 ounces swiss cheese shredded divided

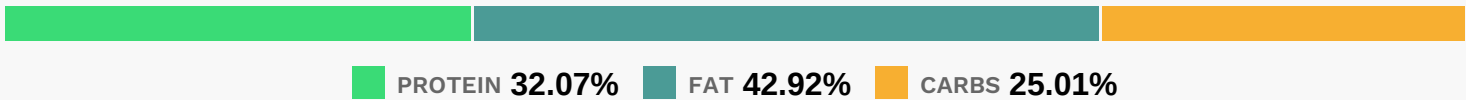
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add ham, onion, and pepper to pan; saut 4 minutes or until ham is lightly browned.
- ☐ Sprinkle 1/4 cup shredded Swiss cheese in a 9-inch pie plate coated with cooking spray. Top with ham mixture.
- ☐ Combine remaining 1/2 cup Swiss cheese, spinach, and next 5 ingredients (through egg whites) in a large bowl; stir with a whisk.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and baking powder in a small bowl, stirring with a whisk.
- ☐ Add flour mixture to egg mixture, stirring with a whisk until blended.
- ☐ Pour egg mixture over ham mixture.
- ☐ Bake at 350 for 45 minutes or until a knife inserted in center of quiche comes out clean.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:4.8, Inflammation Score:-5, Nutrition Score:9.373043573421%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 180.35kcal (9.02%), Fat: 8.5g (13.08%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.67g (3.88%), Sugar: 2.69g (2.99%), Cholesterol: 72.46mg (24.15%), Sodium: 419.37mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Selenium: 18.23µg (26.04%), Phosphorus: 244.5mg (24.45%), Calcium: 220.02mg (22%), Vitamin B2: 0.33mg (19.27%), Vitamin K: 18.53µg (17.65%), Vitamin B1: 0.18mg (11.74%), Vitamin B12: 0.7µg (11.72%), Vitamin A: 554.98IU (11.1%), Zinc: 1.37mg (9.13%), Folate: 35.55µg (8.89%), Vitamin B3: 1.24mg (6.2%), Potassium: 212.12mg (6.06%), Vitamin B5: 0.6mg (6.01%), Vitamin B6: 0.12mg (5.99%), Manganese: 0.12mg (5.96%), Iron: 1mg (5.56%), Magnesium: 21.97mg (5.49%), Copper: 0.06mg (3.01%), Vitamin C: 2.09mg (2.54%), Vitamin D: 0.37µg (2.46%), Vitamin E: 0.36mg (2.4%), Fiber: 0.48g (1.91%)