



Crustless Spinach Cheese Quiche

READY IN



55 min.

SERVINGS



8

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups cheddar grated
- 1 cup curd cottage cheese
- 4 eggs
- 10 ounce pkt spinach frozen chopped
- 0.5 cup parmesan grated
- 1 teaspoon salt
- 1 cup heavy whipping cream sour
- 0.3 cup unbleached flour all-purpose

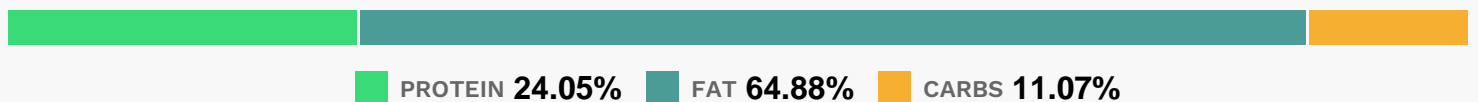
Equipment

- food processor
- bowl
- oven
- baking pan
- microwave

Directions

- Preheat the oven to 325 degrees F. Spray an 8 by 8-inch baking dish with cooking spray.
- Unwrap the spinach and put it, box and all, on a plate. Microwave and cook on high power for 4 minutes. Allow it to cool and remove it from the box. Squeeze out all of the liquid out of the spinach and put it into a medium bowl.
- Combine the eggs, sour cream, cottage cheese, Parmesan, flour, salt, and pepper, in a medium bowl. Stir together, or blend in food processor until the mixture is smooth, about 1 minute.
- Pour the mixture into the bowl with the spinach.
- Add the Cheddar and blend with a spoon until well mixed.
- Pour the spinach mixture into the baking dish and smooth out the top.
- Bake until set, about 45 minutes.
- Remove the baking dish from the oven. It will be puffed up, but will fall slightly as it cools. Allow it to cool, then, refrigerate.
- Cut it into squares and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:20.072608750799%

Nutrients (% of daily need)

Calories: 278.52kcal (13.93%), Fat: 20.26g (31.17%), Saturated Fat: 10.51g (65.72%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.63g (2.41%), Sugar: 2.15g (2.39%), Cholesterol: 135.76mg (45.26%), Sodium: 724.72mg (31.51%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.9g (33.8%), Vitamin K: 133.22µg (126.88%), Vitamin A: 4822.21IU (96.44%), Calcium: 383.63mg (38.36%), Selenium: 23.22µg (33.17%), Phosphorus: 301.59mg (30.16%), Vitamin B2: 0.44mg (25.63%), Folate: 80.13µg (20.03%), Manganese: 0.3mg (14.94%), Zinc: 1.92mg (12.8%), Vitamin B12: 0.74µg (12.39%), Magnesium: 45.54mg (11.39%), Vitamin E: 1.62mg (10.78%), Vitamin B5: 0.78mg (7.76%), Iron: 1.38mg (7.66%), Vitamin B6: 0.15mg (7.46%), Potassium: 248.78mg (7.11%), Vitamin B1: 0.1mg (6.42%), Copper: 0.1mg (4.88%), Fiber: 1.15g (4.6%), Vitamin D: 0.67µg (4.45%), Vitamin C: 2.21mg (2.68%), Vitamin B3: 0.51mg (2.56%)