



## Crustless Spinach Quiche

 **Gluten Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



8

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 10 ounce broccoli frozen dry thawed drained chopped
- 1 cup egg substitute fat-free
- 1 cup milk fat-free
- 12 ounces cheddar cheese shredded reduced-fat
- 5 mushrooms fresh whole sliced
- 1 small onion finely chopped
- 0.3 teaspoon pepper
- 10 ounce pkt spinach frozen dry thawed drained chopped

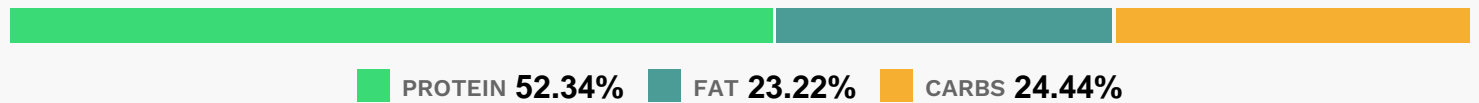
## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Beat cream cheese in a large bowl at medium speed of an electric mixer until creamy.
- Add milk, egg substitute, and pepper; beat until smooth. Stir in cheese.
- Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Cook spinach and next 3 ingredients just until tender and liquid evaporates. Cool slightly.
- Combine egg mixture and spinach mixture, stirring well.
- Pour into a 10-inch quiche dish coated with cooking spray.
- Bake, uncovered, at 350 for 45 to 50 minutes or until center is set.
- Remove from oven and cool on a wire rack 10 minutes.
- Cut into 8 pieces, and serve with salsa, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.53, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:22.478260662245%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Nutrients (% of daily need)

Calories: 127.11kcal (6.36%), Fat: 3.39g (5.21%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.82g (4.24%), Cholesterol: 9.85mg (3.28%), Sodium: 371.41mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Vitamin K: 168.42µg (160.4%), Vitamin A: 4594.62IU (91.89%), Vitamin C: 34.62mg (41.96%), Selenium: 23.39µg (33.41%), Phosphorus: 314.33mg (31.43%), Calcium: 303.83mg (30.38%), Vitamin B2: 0.42mg (24.91%), Folate: 87.6µg (21.9%), Manganese: 0.35mg (17.71%), Magnesium: 51.11mg (12.78%), Potassium: 431.06mg (12.32%), Vitamin E: 1.81mg (12.07%), Vitamin B5: 1.12mg (11.2%), Vitamin B6: 0.22mg (11.17%), Zinc: 1.63mg (10.87%), Iron: 1.79mg (9.93%), Fiber: 2.24g (8.95%), Vitamin B1: 0.13mg (8.73%), Vitamin B12: 0.49µg (8.22%), Copper: 0.13mg (6.43%), Vitamin D: 0.88µg (5.9%), Vitamin B3: 0.97mg (4.84%)