



Crustless Spinach Quiche

 Vegetarian  Gluten Free

READY IN



38 min.

SERVINGS



6

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounces mozzarella cheese shredded
- 0.5 cup whipping cream (heavy)
- 0.3 cup basil pesto
- 10 ounces spinach frozen thawed chopped
- 5 eggs
- 1 cup pasta sauce chunky-style

Equipment

- sauce pan

oven

knife

Directions

Heat oven to 375°F. Spray quiche dish, 9x1 1/2 inches, with cooking spray.

Mix 1 1/2 cups of the cheese, the whipping cream, pesto, spinach and eggs until well blended; pour into quiche dish.

Bake 25 to 30 minutes or until knife inserted in center comes out clean.

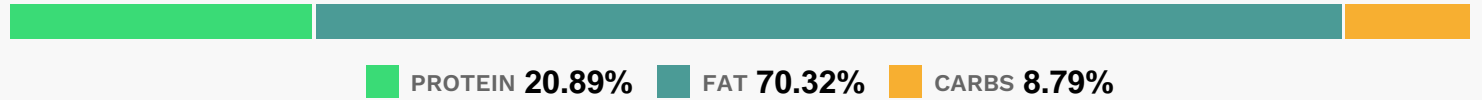
Sprinkle with remaining 1/2 cup cheese.

Bake 2 to 3 minutes longer or until cheese is melted.

While quiche is baking, heat spaghetti sauce in small saucepan until hot; keep warm. To serve, cut quiche into wedges.

Serve with spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:21.860869407654%

Nutrients (% of daily need)

Calories: 310.09kcal (15.5%), Fat: 24.58g (37.82%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.31g (3.67%), Cholesterol: 189.78mg (63.26%), Sodium: 651.76mg (28.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.86%), Vitamin K: 178.52µg (170.02%), Vitamin A: 6740.08IU (134.8%), Calcium: 313.36mg (31.34%), Selenium: 21.36µg (30.51%), Vitamin B2: 0.44mg (26.13%), Phosphorus: 252.09mg (25.21%), Folate: 92.86µg (23.21%), Vitamin B12: 1.22µg (20.33%), Manganese: 0.4mg (19.91%), Vitamin E: 2.6mg (17.32%), Magnesium: 54.91mg (13.73%), Zinc: 1.98mg (13.19%), Iron: 2.19mg (12.18%), Potassium: 382.93mg (10.94%), Vitamin B6: 0.2mg (10.23%), Fiber: 2.2g (8.81%), Vitamin B5: 0.84mg (8.37%), Vitamin D: 1.2µg (8.01%), Copper: 0.15mg (7.39%), Vitamin C: 5.58mg (6.76%), Vitamin B1: 0.08mg (5.61%), Vitamin B3: 0.72mg (3.62%)