



Eggless Tofu Spinach Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 ounce pkt spinach frozen thawed drained chopped
- 1 teaspoon garlic minced
- 0.3 cup milk 1%
- 0.3 cup onion diced
- 0.5 teaspoon pepper
- 0.5 teaspoon salt to taste
- 0.7 cup cheddar cheese shredded
- 0.5 cup swiss cheese shredded
- 8 ounce spicy tofu

1 9-inch unbaked pie crust

Equipment

bowl

oven

blender

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a blender, combine tofu and milk; process until smooth, adding more milk if necessary. Blend in salt and pepper.

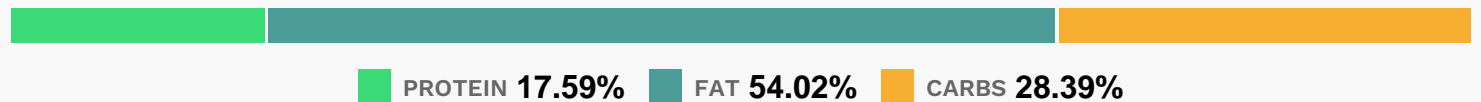
In a medium bowl, combine spinach, garlic, onion, Cheddar cheese, Swiss cheese and tofu mixture.

Mix well, and pour into prepared pie crust.

Bake in preheated oven for 30 minutes, or until set and golden brown on top.

Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:19.03304346748%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 17.82g (27.42%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 18.4g (6.69%), Sugar: 1.4g (1.56%), Cholesterol: 21.58mg (7.19%), Sodium: 470.86mg (20.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.11%), Vitamin K: 178.95µg (170.43%), Vitamin A: 5768.07IU (115.36%), Calcium: 303.22mg (30.32%), Manganese: 0.52mg (26.04%), Folate: 96.86µg (24.22%), Phosphorus: 172.78mg (17.28%), Selenium: 11.39µg (16.27%), Vitamin B2: 0.27mg (15.66%), Iron: 2.29mg (12.7%),

Magnesium: 49.45mg (12.36%), Vitamin E: 1.68mg (11.19%), Fiber: 2.67g (10.69%), Vitamin B1: 0.15mg (10.16%), Zinc: 1.34mg (8.96%), Vitamin B12: 0.48µg (8.08%), Potassium: 246.71mg (7.05%), Vitamin B6: 0.14mg (6.77%), Vitamin B3: 1.18mg (5.9%), Copper: 0.11mg (5.4%), Vitamin C: 3.25mg (3.94%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.22µg (1.46%)