



Garden Phyllo Quiches

READY IN



60 min.

SERVINGS



8

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4 teaspoons butter melted
- ☐ 4 eggs
- ☐ 6 ounces mushrooms fresh sliced
- ☐ 20 ounces spinach frozen thawed chopped
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups milk
- ☐ 8 sheets dough frozen thawed () (18 x 14 inches)
- ☐ 0.5 teaspoon salt

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2 ounces mozzarella cheese shredded

Equipment

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frying pan

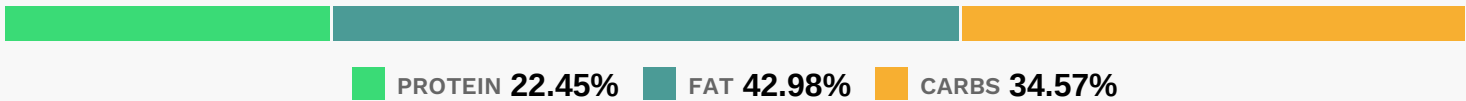
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oven

Directions

- ☐ Heat oven to 350F. Spray 10- or 12-inch skillet with cooking spray. Cook spinach and mushrooms in skillet over medium heat, stirring occasionally, until spinach is wilted and mushrooms are tender; remove from heat.
- ☐ Mix milk, mustard, salt, nutmeg and eggs; set aside.
- ☐ Spray eight 6-ounce custard cups with cooking spray.
- ☐ Place 1 phyllo sheet on flat surface; lightly brush with butter. Top with 3 phyllo sheets, brushing each with butter.
- ☐ Cut phyllo into fourths.
- ☐ Place 1 phyllo section in each custard cup. Repeat with remaining phyllo sheets. Trim overhanging edge of phyllo 1 inch from rim of cup.
- ☐ Drain spinach mixture; divide evenly among cups.
- ☐ Pour about 1/3 cup egg mixtue into each cup. Fold edges of phyllo toward center.
- ☐ Arrange custard cups in jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake 15 to 20 minutes or until egg mixture is set.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:22.9899999936975%

Nutrients (% of daily need)

Calories: 190.94kcal (9.55%), Fat: 9.37g (14.42%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 16.96g (5.65%),
Net Carbohydrates: 14.28g (5.19%), Sugar: 4.04g (4.49%), Cholesterol: 94.76mg (31.59%), Sodium: 413.1mg
(17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Vitamin K: 264.55µg (251.95%),
Vitamin A: 8665.76IU (173.32%), Folate: 134.42µg (33.6%), Manganese: 0.62mg (30.92%), Vitamin B2: 0.52mg
(30.32%), Selenium: 20.3µg (28.99%), Calcium: 218.92mg (21.89%), Phosphorus: 200.3mg (20.03%), Magnesium:
70.41mg (17.6%), Vitamin E: 2.44mg (16.25%), Vitamin B1: 0.23mg (15.61%), Iron: 2.5mg (13.88%), Potassium:
457.29mg (13.07%), Vitamin B12: 0.7µg (11.63%), Vitamin B6: 0.23mg (11.41%), Fiber: 2.67g (10.69%), Copper: 0.21mg
(10.42%), Vitamin B5: 1.02mg (10.21%), Vitamin B3: 2mg (10.01%), Zinc: 1.36mg (9.06%), Vitamin D: 1.18µg (7.88%),
Vitamin C: 4.37mg (5.3%)