



Garden Phyllo Quiches

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



134 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
- ☐ 0.5 teaspoon salt

☐

2 ounces mozzarella cheese shredded

Equipment

☐

frying pan

☐

oven

Directions

☐

Heat oven to 350°F. 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.

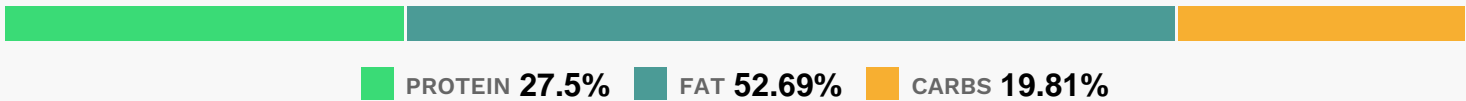
☐

Sprinkle with cheese.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:21.265217428622%

Nutrients (% of daily need)

Calories: 134.13kcal (6.71%), Fat: 8.23g (12.66%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.01g (4.45%), Cholesterol: 94.76mg (31.59%), Sodium: 321.33mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.33%), Vitamin K: 264.08µg (251.5%), Vitamin A: 8665.76IU (173.32%), Folate: 117.7µg (29.42%), Vitamin B2: 0.45mg (26.51%), Manganese: 0.53mg (26.4%), Selenium: 15.87µg (22.67%), Calcium: 216.83mg (21.68%), Phosphorus: 186.05mg (18.61%), Magnesium: 67.56mg (16.89%), Vitamin E: 2.42mg (16.15%), Potassium: 443.23mg (12.66%), Vitamin B12: 0.7µg (11.63%), Vitamin B6: 0.22mg (11.13%), Iron: 1.89mg (10.49%), Vitamin B5: 0.96mg (9.64%), Copper: 0.19mg (9.46%), Fiber: 2.31g (9.25%), Vitamin B1: 0.13mg (8.76%), Zinc: 1.27mg (8.43%), Vitamin D: 1.18µg (7.88%), Vitamin B3: 1.23mg (6.14%), Vitamin C: 4.37mg (5.3%)