



Green Chile Spinach Quiche

READY IN



60 min.

SERVINGS



16

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 cups curd cottage cheese
- ☐ 8 ounce colby-monterey jack cheese shredded
- ☐ 12 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 8 ounce chilies green chopped canned
- ☐ 1 teaspoon salt

☐ 2 9-inch unbaked pie crusts ()

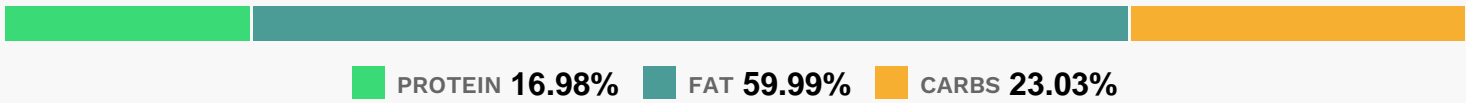
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Whisk the flour, baking powder, and salt together in a small bowl; set aside.
- ☐ Beat the eggs in a mixing bowl until smooth.
- ☐ Whisk in the flour mixture until no lumps remain. Stir in the Colby–Monterey Jack cheese, cottage cheese, spinach, green chiles, and melted butter until evenly blended. Divide the mixture between the pie crusts.
- ☐ Bake the quiches in the preheated oven for 15 minutes at 400 degrees F (200 degrees C), then reduce the temperature to 350 degrees F (175 degrees C). Continue baking until the quiches are lightly browned and a knife inserted into the center comes out clean, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:14.501739097678%

Nutrients (% of daily need)

Calories: 316.18kcal (15.81%), Fat: 21.06g (32.4%), Saturated Fat: 9.93g (62.03%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 16.48g (5.99%), Sugar: 1.55g (1.72%), Cholesterol: 155.43mg (51.81%), Sodium: 600.99mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.83%), Vitamin K: 68.7µg (65.43%), Vitamin A: 2581.94IU (51.64%), Selenium: 18.81µg (26.87%), Phosphorus: 211.27mg (21.13%), Vitamin B2: 0.36mg (20.94%),

Calcium: 192.35mg (19.23%), Folate: 72µg (18%), Manganese: 0.27mg (13.68%), Iron: 1.9mg (10.53%), Vitamin B1: 0.14mg (9.29%), Vitamin B12: 0.54µg (9.08%), Vitamin B5: 0.84mg (8.36%), Zinc: 1.21mg (8.07%), Vitamin E: 1.2mg (8.01%), Magnesium: 28.16mg (7.04%), Fiber: 1.71g (6.85%), Vitamin B6: 0.13mg (6.26%), Vitamin B3: 1.06mg (5.32%), Vitamin D: 0.77µg (5.16%), Potassium: 177.92mg (5.08%), Copper: 0.09mg (4.33%), Vitamin C: 2.68mg (3.24%)