



Green Eggs and Ham Quiche

READY IN



60 min.

SERVINGS



12

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup baking mix bisquick® (such as)
- 4 eggs
- 1 cup ham chopped
- 2 cups milk
- 2 cups cheddar cheese shredded
- 2 cups pkt spinach fresh chopped
- 1 onion sweet chopped

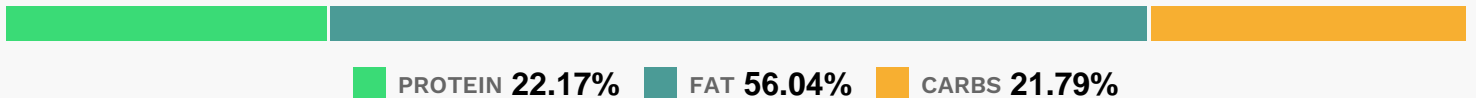
Equipment

- food processor
- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Coat the bottom of a 9x13 inch pan with cooking spray.
- Combine spinach and onion in the bowl of a food processor. Process to finely chop.
- Add eggs, milk, and baking mix; process to mix.
- Pour mixture into prepared pan.
- Sprinkle ham and cheese over the top.
- Bake in preheated oven for 35 to 45 minutes. Quiche is done when toothpick inserted in the center comes out clean.
- Garnish with tomato slices to serve.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:9.8756521888401%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 203.34kcal (10.17%), Fat: 12.64g (19.44%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 10.49g (3.81%), Sugar: 4.64g (5.16%), Cholesterol: 85.71mg (28.57%), Sodium: 431.69mg

(18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Phosphorus: 249.73mg (24.97%), Vitamin K: 25.5µg (24.29%), Calcium: 220.57mg (22.06%), Selenium: 14.19µg (20.27%), Vitamin B2: 0.29mg (17.1%), Vitamin A: 803.32IU (16.07%), Vitamin B1: 0.18mg (11.8%), Vitamin B12: 0.66µg (11.06%), Folate: 39.74µg (9.94%), Zinc: 1.44mg (9.6%), Vitamin B6: 0.16mg (8.01%), Vitamin B5: 0.63mg (6.26%), Vitamin D: 0.94µg (6.24%), Potassium: 206.13mg (5.89%), Magnesium: 22.87mg (5.72%), Vitamin B3: 1.11mg (5.56%), Manganese: 0.11mg (5.45%), Iron: 0.87mg (4.85%), Vitamin C: 2.76mg (3.34%), Copper: 0.06mg (3.21%), Vitamin E: 0.48mg (3.18%), Fiber: 0.57g (2.27%)