



WHATSheATE



Ham, Swiss and Spinach Quiche

READY IN



50 min.

SERVINGS



8

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 cups baby spinach packed chopped
- ☐ 6 large eggs lightly beaten
- ☐ 1.5 cups half and half
- ☐ 0.3 pound ham sliced chopped
- ☐ 1 9-inch pie crust frozen
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups swiss cheese shredded

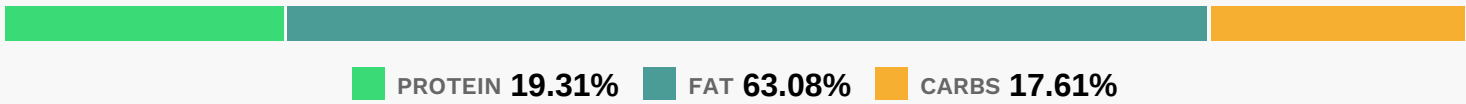
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Line a rimmed baking sheet with foil, place it in oven and preheat to 375F. Mist a medium skillet with cooking spray and warm it over medium heat. Cook spinach, stirring often, until wilted.
- ☐ Remove spinach to a paper towel-lined plate and pat dry.
- ☐ Combine eggs, half-and-half and salt in a large bowl and whisk until well mixed. Arrange spinach on bottom of pie crust. Scatter ham over spinach.
- ☐ Sprinkle cheese over ham.
- ☐ Pour egg mixture into shell.
- ☐ Place quiche on baking sheet and bake until filling is set and crust is golden, about 40 minutes.
- ☐ Let stand 10 minutes, slice into wedges, and serve hot.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:15.119130393733%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 343.93kcal (17.2%), Fat: 24g (36.92%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.2g (5.16%), Sugar: 2.06g (2.29%), Cholesterol: 183mg (61%), Sodium: 543.13mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Vitamin K: 57.15µg (54.43%), Selenium: 23.82µg (34.02%), Vitamin A: 1586.36IU (31.73%), Phosphorus: 287.44mg (28.74%), Calcium: 266.75mg (26.67%), Vitamin B2: 0.42mg (24.46%), Vitamin B12: 1.12µg (18.7%), Folate: 60.56µg (15.14%), Zinc: 2.05mg (13.65%), Vitamin B1: 0.19mg (12.9%), Manganese: 0.23mg (11.29%), Iron: 1.78mg (9.91%), Vitamin B5: 0.97mg (9.66%), Vitamin B6: 0.19mg (9.45%), Magnesium: 31.05mg (7.76%), Vitamin B3: 1.48mg (7.39%), Potassium: 253.62mg (7.25%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.85µg (5.66%), Vitamin C: 3.57mg (4.33%), Copper: 0.09mg (4.29%), Fiber: 0.87g (3.49%)