



## Healthy Veggie Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 5 ounce prewashed baby spinach fresh
- 1 large eggs
- 3 large egg whites
- 4 ounce mushrooms assorted
- 2.5 teaspoons olive oil divided
- 3 ounces parmesan divided freshly grated
- 0.3 teaspoon pepper
- 1 pastry shell frozen such as wholly wholesome brand store-bought
- 0.5 teaspoon salt divided

- 2 shallots peeled thinly sliced
- 1 cup soy milk plain

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 37
- Bake pastry shell for 1012 minutes or until browned.
- Remove shell from oven, and set aside. Leave oven on.
- Heat 1 1/4 teaspoons oil over medium heat in a large nonstick skillet; add shallots.
- Add spinach, and cook 23 minutes or until wilted.
- Add 1/4 teaspoon salt and a dash of pepper.
- Transfer to a plate; set aside
- Using the same pan, heat remaining oil, and cook mushrooms about 6 minutes or until browned on both sides.
- Remove from heat. Season with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Sprinkle 1/3 cup Parmesan cheese over bottom of pastry crust. Top with spinach and mushrooms.
- In a separate bowl, whisk together soy milk with egg and egg whites.
- Pour into shell. Top with remaining 1/3 cup Parmesan, and bake for 4550 minutes or until top is firm and golden brown.
- Cut into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:40.4, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:17.026521807132%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 167.46kcal (8.37%), Fat: 10.08g (15.51%), Saturated Fat: 3.68g (23%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.18g (2.61%), Sugar: 2.44g (2.72%), Cholesterol: 40.64mg (13.55%), Sodium: 519.92mg (22.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Vitamin K: 116.84µg (111.28%), Vitamin A: 2526.43IU (50.53%), Calcium: 257.05mg (25.7%), Vitamin B2: 0.38mg (22.38%), Selenium: 13.95µg (19.92%), Folate: 76.16µg (19.04%), Phosphorus: 155.01mg (15.5%), Manganese: 0.3mg (15.07%), Vitamin C: 10.53mg (12.77%), Vitamin B3: 2.55mg (12.77%), Vitamin E: 1.88mg (12.52%), Vitamin B12: 0.69µg (11.52%), Vitamin B6: 0.22mg (10.79%), Potassium: 332.6mg (9.5%), Copper: 0.17mg (8.55%), Iron: 1.52mg (8.46%), Magnesium: 32.57mg (8.14%), Vitamin B1: 0.1mg (6.93%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.55mg (5.47%), Fiber: 1.27g (5.09%), Vitamin D: 0.75µg (4.98%)