


Mini Spinach and Feta Quiches


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



24

CALORIES



38 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- ANTIPASTI

Ingredients

- 4 eggs beaten
- 2 tablespoons half and half
- 1 tablespoon garlic minced
- 1 package spinach frozen thawed drained well (Note: I use a large hand towel to absorb all of the excess moisture)
- 1 small onion chopped
- 1 cup basil chopped
- 1 cup basil chopped
- 1 cup cheddar cheese shredded low fat

- 0.8 cup feta cheese crumbled
- 24 servings salt and pepper to taste

Equipment

- frying pan
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 375 degrees.
- Set a large skillet over medium heat and spray with a generous amount of olive oil. When the oil is hot, add the garlic and stir around for about 30 seconds.
- Add the chopped onion, some salt and pepper, and turn up the heat to medium-high. Stirring frequently, cook until the onion is lightly browned.
- Then, add the spinach, chopped basil, some more salt and pepper, and lower the heat to medium. Cook for about 10 to 15 minutes. Taste and adjust the seasoning to your liking.
- Combine the eggs, cheese (reserving some of the shredded cheddar to sprinkle on later), half-and-half, salt, pepper, and beat until well blended.
- Spray a 24-mini muffin cup pan (or 2 12-mini muffin cup pans) with the Misto olive oil sprayer (see ingredients above). Distribute the spinach mixture evenly between the muffin cups, about 1 tablespoonful. Then, spoon about 1 tablespoonful of egg batter into each muffin cup. (Pictured below).
- Bake about 15 minutes.
- Remove the muffin pan(s) from the oven.
- Sprinkle the top of each muffin cup with some of the reserved shredded cheddar cheese.
- Bake for another few minutes, 5 minutes or so, or until the cheese has formed a golden brown crust on top.
- Cool the quiches.
- Serve warm or at room temperature. Store leftovers in the fridge.

Nutrition Facts

PROTEIN 34.15% FAT 52.36% CARBS 13.49%

Properties

Glycemic Index:9.33, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:6.5247826086957%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Taste

Sweetness: 68.26%, Saltiness: 100%, Sourness: 22.38%, Bitterness: 13.32%, Savoriness: 61.4%, Fattiness: 81.61%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 38.25kcal (1.91%), Fat: 2.26g (3.48%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.31g (0.35%), Cholesterol: 32.88mg (10.96%), Sodium: 296.23mg (12.88%), Protein: 3.32g (6.64%), Vitamin K: 52.49µg (49.99%), Vitamin A: 1566.72IU (31.33%), Calcium: 68.29mg (6.83%), Vitamin B2: 0.12mg (6.77%), Selenium: 4.46µg (6.37%), Phosphorus: 62.57mg (6.26%), Folate: 24.58µg (6.15%), Manganese: 0.12mg (5.99%), Vitamin B6: 0.07mg (3.31%), Magnesium: 13.18mg (3.3%), Vitamin E: 0.45mg (3.01%), Vitamin B12: 0.17µg (2.83%), Zinc: 0.41mg (2.75%), Iron: 0.48mg (2.66%), Potassium: 70.26mg (2.01%), Vitamin B5: 0.19mg (1.91%), Copper: 0.03mg (1.75%), Fiber: 0.43g (1.73%), Vitamin B1: 0.02mg (1.66%), Vitamin C: 1.34mg (1.63%), Vitamin D: 0.17µg (1.13%)