



Mini Turkey Bacon Quiches

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 4 eggs
- 1 cup milk
- 1 cup pkt spinach fresh chopped
- 8 slices oscar mayer selects uncured turkey bacon chopped

Equipment

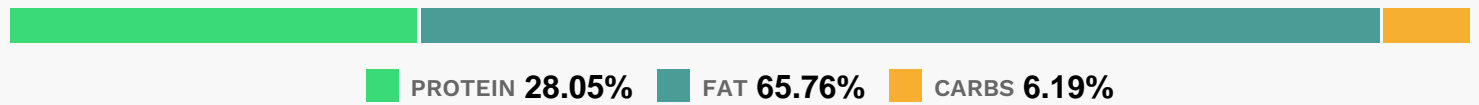
- bowl
- oven

- whisk
- muffin liners

Directions

- Heat oven to 325F.
- Whisk eggs and milk in large bowl until blended; stir in remaining ingredients.
- Pour into 12 nonstick muffin cups.
- Bake 40 min. or until tops are puffed and lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:10.071304422358%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 215.64kcal (10.78%), Fat: 15.72g (24.19%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.15g (2.39%), Cholesterol: 151.13mg (50.38%), Sodium: 610.76mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.17%), Selenium: 19.97µg (28.53%), Phosphorus: 273.73mg (27.37%), Vitamin K: 26.14µg (24.89%), Calcium: 206.23mg (20.62%), Vitamin B2: 0.33mg (19.26%), Vitamin A: 881.84IU (17.64%), Vitamin B12: 0.75µg (12.46%), Zinc: 1.83mg (12.19%), Vitamin D: 1.22µg (8.14%), Vitamin B6: 0.16mg (7.86%), Folate: 29.12µg (7.28%), Vitamin B5: 0.68mg (6.82%), Potassium: 217.62mg (6.22%), Iron: 1.07mg (5.96%), Magnesium: 22.85mg (5.71%), Vitamin E: 0.76mg (5.09%), Vitamin B3: 0.77mg (3.85%), Vitamin B1: 0.06mg (3.67%), Copper: 0.06mg (3.11%), Manganese: 0.06mg (2.83%), Vitamin C: 1.4mg (1.7%)