



Mushroom-and-Spinach Quiche in an Oat Crust

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon optional: dill dried
- 0.3 teaspoon thyme leaves dried
- 3 large egg whites
- 2 large eggs
- 1 cup evaporated milk fat-free
- 1 cup leek chopped

- 1.3 cups mushrooms sliced
- 0.3 cup oat bran
- 1 cup regular oats
- 1 ounce parmesan cheese fresh grated
- 0.5 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 2 tablespoons stick margarine chilled cut into small pieces
- 1 ounce swiss cheese shredded finely
- 3 tablespoons water cold

Equipment

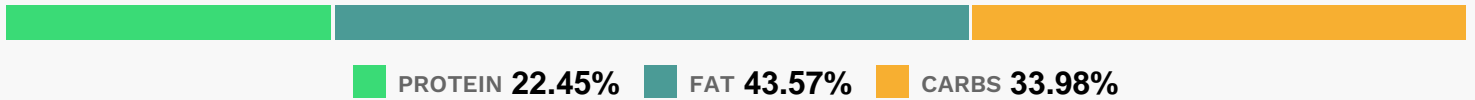
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- wax paper

Directions

- Preheat oven to 37
- To prepare crust, combine oats and oat bran; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add water; stir just until moist. Press mixture gently into a ball on wax paper, and cover with additional wax paper.
- Roll dough, still covered, into a 10-inch circle.
- Remove 1 sheet of wax paper, and fit dough into a 9-inch pie plate coated with cooking spray.
- Remove top sheet of wax paper.
- Bake at 375 for 7 minutes. Cool on a wire rack.

- To prepare the filling, place a medium nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add leek; saut for 2 minutes.
- Add mushrooms; saute for 5 minutes.
- Remove from heat; spoon into a bowl.
- Combine milk and next 8 ingredients (milk through spinach) in a blender, and process until smooth.
- Add to mushroom mixture, and stir well.
- Pour into prepared crust, and sprinkle with Gruyre cheese.
- Bake at 375 for 35 minutes or until a knife inserted near the center comes out clean.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:25.819564995558%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.84kcal (12.84%), Fat: 13.18g (20.28%), Saturated Fat: 5.18g (32.4%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 18.86g (6.86%), Sugar: 5.95g (6.61%), Cholesterol: 81.79mg (27.26%), Sodium: 460.79mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin K: 184.52µg (175.73%), Vitamin A: 6235IU (124.7%), Manganese: 1.31mg (65.27%), Selenium: 23.64µg (33.77%), Phosphorus: 332.1mg (33.21%), Vitamin B2: 0.54mg (31.76%), Calcium: 303.02mg (30.3%), Folate: 101.98µg (25.5%), Magnesium: 93.89mg (23.47%), Fiber: 4.27g (17.08%), Vitamin B1: 0.24mg (16.01%), Iron: 2.75mg (15.28%), Potassium: 530.23mg (15.15%), Vitamin E: 2.07mg (13.8%), Zinc: 1.97mg (13.14%), Copper: 0.26mg (12.92%), Vitamin B5: 1.22mg (12.17%), Vitamin B6: 0.22mg (11.03%), Vitamin B12: 0.44µg (7.38%), Vitamin C: 5.65mg (6.85%), Vitamin B3: 1.37mg (6.83%), Vitamin D: 0.44µg (2.93%)