



HEALTH SCORE

100%

## Mushroom, Spinach and Feta Quiche



Vegetarian



Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



4402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 100 g baby spinach
- ☐ 200 g butter cold
- ☐ 284 ml double cream
- ☐ 4 large eggs
- ☐ 100 g feta cheese
- ☐ 1 clove garlic crushed finely chopped
- ☐ 1 serving grinding of nutmeg good
- ☐ 1 tbsp olive oil

- ☐ 100 g flour plain
- ☐ 4 large portabello mushrooms roughly chopped
- ☐ 1 pinch salt
- ☐ 1 serving grinding of salt & pepper black good freshly ground
- ☐ 1 quantity of shortcrust pastry
- ☐ 2 tbsp water cold

## Equipment

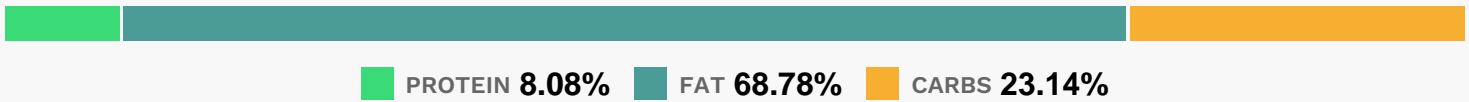
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ colander
- ☐ pie form

## Directions

- ☐ Preheat oven to 200c/180c fan/400f/gas 6.
- ☐ Roll out your pastry to slightly larger than your pie dish.
- ☐ Place over the dish and gently ease into the corners, leave an overhang over the edges. The pastry came shrink a little, so it is better to leave the excess on and trim later.
- ☐ Cover the pastry with greasproof paper and baking beans and bake the pastry for about 20 mins.
- ☐ Remove from oven and careful lift out the beans using the greaseproof paper. Set these aside to cool, before returning them to their tub.
- ☐ Prick the base of the pastry with a fork and return to the oven for 10 minutes until lightly golden.
- ☐ While the pastry is baking, sauté the mushrooms and garlic until soft and the liquid is cooked off. Season with black pepper and set aside.

- ☐ Place your spinach in a colander in the sink and pour over a kettleful of boiling water. This will wilt the spinach. Refresh the spinach with cold water, then squeeze as much of the water out as possible, then pat dry in a clean teatowel. Chop and set aside.
- ☐ Remove your pastry case from the over and spread over the mushrooms and spinach. Next crumble over the feta cheese and grate some fresh nutmeg over your ingredients.<sup>1</sup>
- ☐ Lower the oven to 180c/160c fan/350f/gas 4.1
- ☐ In a jug, whisk the eggs and cream. Season with salt and pepper. Pop the pastry case back in the oven and holding it level, pour over the custard filling.<sup>1</sup>
- ☐ Bake for about 40 minutes until golden and firm in the centre.
- ☐ Sieve the flour into a bowl before transferring into a food processor along with the salt.
- ☐ Add the cubes of cold butter.
- ☐ Whizz gently for a couple of minutes until the mixture gets crumbly.
- ☐ Pour into a bowl and rub with your fingers briefly to make sure it is the right texture.
- ☐ Drizzle over 1 tsp of really cold water, cutting through with a knife to combine. Start adding the second spoonful gradually, until there is just enough enough water in the mixture to bring it together.
- ☐ Bring it together with your hands. Shape into a ball and wrap in clingfilm. Pop it into the fridge until you are ready to use it. It should be in the fridge for at least half an hour.

## Nutrition Facts



## Properties

Glycemic Index:354, Glycemic Load:111.99, Inflammation Score:-10, Nutrition Score:83.102608722189%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 6.39mg, Kaempferol: 6.39mg, Kaempferol: 6.39mg, Kaempferol: 6.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

## Nutrients (% of daily need)

Calories: 4402.43kcal (220.12%), Fat: 340.13g (523.27%), Saturated Fat: 195.1g (1219.4%), Carbohydrates: 257.4g (85.8%), Net Carbohydrates: 242.25g (88.09%), Sugar: 19.4g (21.56%), Cholesterol: 1585.84mg (528.61%), Sodium:

4306.66mg (187.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 89.9g (179.81%), Vitamin K: 524.56µg (499.58%), Vitamin A: 20079.57IU (401.59%), Selenium: 250.77µg (358.24%), Vitamin B2: 4.45mg (261.92%), Folate: 865.17µg (216.29%), Vitamin B1: 2.91mg (193.76%), Vitamin B3: 34.71mg (173.55%), Phosphorus: 1687.84mg (168.78%), Manganese: 3.37mg (168.29%), Iron: 22.15mg (123.07%), Vitamin B5: 10.19mg (101.89%), Calcium: 1007.39mg (100.74%), Vitamin E: 13.95mg (93.01%), Copper: 1.76mg (88.19%), Vitamin B6: 1.73mg (86.59%), Potassium: 2775.38mg (79.3%), Vitamin B12: 4.44µg (73.92%), Zinc: 10.81mg (72.04%), Vitamin D: 9.98µg (66.53%), Fiber: 15.15g (60.6%), Magnesium: 215.33mg (53.83%), Vitamin C: 30.81mg (37.35%)