



Potato-Crusted Spinach Quiche

READY IN



80 min.

SERVINGS



4

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 servings pepper black freshly ground
- 1 ounce canadian bacon finely chopped
- 1 large egg white
- 6 large eggs
- 1 tablespoon flour all-purpose
- 1 tablespoon olive oil divided
- 0.3 cup onion chopped
- 0.3 cup part-skim ricotta cheese
- 20 ounce potatoes shredded ()

- 1 teaspoon salt
- 6 ounces pkt spinach fresh
- 0.5 cup swiss cheese shredded
- 2 tablespoons water

Equipment

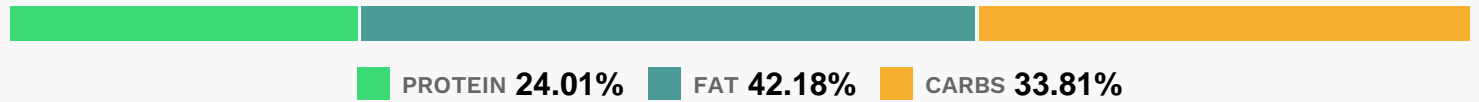
- bowl
- oven
- whisk
- mixing bowl
- wire rack
- microwave
- colander

Directions

- Preheat oven to 400
- Coat inside of a deep-dish 9-inch pie plate with 1 teaspoon olive oil; set aside.
- Combine potatoes and egg white in a large bowl. Toss lightly.
- Add flour and salt; toss to coat.
- Transfer to pie plate, and pat evenly into bottom and sides to form crust.
- Drizzle remaining 2 teaspoons oil over crust.
- Bake at 400 for 15 minutes, or until edges begin to brown.
- Remove from oven. Reduce oven temperature to 350
- While crust bakes, place spinach, onion, and 2 tablespoons water in a microwave-safe bowl. Microwave on HIGH 2 minutes or until spinach begins to wilt.
- Drain.
- Place spinach mixture in a colander and squeeze to drain; coarsely chop and set aside.
- Combine eggs and ricotta cheese in a large mixing bowl; stir with a whisk until smooth. Season to taste with black pepper. Stir in spinach mixture, half of Swiss cheese, and bacon.

- Pour egg mixture over potato crust, spreading with the back of a spoon to distribute evenly. Leave a 1/2-inch crust along the outer edge.
- Sprinkle remaining Swiss cheese on top.
- Bake at 350 for 50 to 55 minutes, until puffed and golden.
- Let cool on a wire rack 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:19.63, Inflammation Score:-10, Nutrition Score:30.802174070607%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 358.05kcal (17.9%), Fat: 16.88g (25.96%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 26.15g (9.51%), Sugar: 2.1g (2.33%), Cholesterol: 299.9mg (99.97%), Sodium: 852.99mg (37.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.23%), Vitamin K: 210.92µg (200.88%), Vitamin A: 4567.65IU (91.35%), Selenium: 34.64µg (49.49%), Vitamin C: 40.61mg (49.23%), Phosphorus: 379.53mg (37.95%), Folate: 149.62µg (37.4%), Vitamin B2: 0.6mg (35.21%), Vitamin B6: 0.68mg (34.11%), Manganese: 0.66mg (33.2%), Potassium: 1022.42mg (29.21%), Calcium: 268.21mg (26.82%), Magnesium: 85.76mg (21.44%), Iron: 3.85mg (21.41%), Vitamin B12: 1.18µg (19.58%), Vitamin B5: 1.77mg (17.67%), Fiber: 4.3g (17.2%), Vitamin B1: 0.25mg (16.95%), Zinc: 2.54mg (16.91%), Vitamin E: 2.28mg (15.2%), Copper: 0.29mg (14.43%), Vitamin B3: 2.45mg (12.26%), Vitamin D: 1.71µg (11.43%)