



Ricotta and Arugula Quiche

READY IN



65 min.

SERVINGS



8

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 5 eggs
- 1 cup ricotta cheese
- 1 serving pepper fresh black to taste
- 1 cup baby spinach fresh coarsely chopped (or baby spinach)
- 8 oz mozzarella cheese shredded italian
- 1 cup frangelico

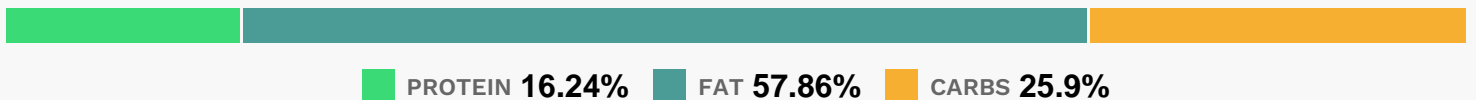
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 375°F. Make pie crust as directed on box for One-Crust
- Baked Shell using 9-inch glass pie plate.
- Bake about 8 minutes or until very lightly browned.
- Meanwhile, in medium bowl, beat eggs, half-and-half, ricotta, salt and pepper with whisk or fork until well blended.
- Alternately layer arugula and cheese in baked shell.
- Pour egg mixture over layers of arugula and cheese.
- Bake 40 to 50 minutes or until knife inserted in center comes out clean. Cool 5 minutes before serving.
- Cut into wedges. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:11.591739250266%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 407.55kcal (20.38%), Fat: 26.02g (40.03%), Saturated Fat: 11.24g (70.25%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 24.86g (9.04%), Sugar: 0.49g (0.55%), Cholesterol: 140.51mg (46.84%), Sodium: 450.17mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Selenium: 20.64µg (29.49%), Phosphorus: 241.62mg (24.16%), Calcium: 236mg (23.6%), Vitamin K: 22.86µg (21.77%), Vitamin B2:

0.36mg (21.08%), Vitamin B12: 1µg (16.61%), Vitamin A: 830.3IU (16.61%), Folate: 60.88µg (15.22%), Manganese: 0.27mg (13.71%), Zinc: 1.79mg (11.91%), Iron: 2.13mg (11.81%), Vitamin B1: 0.16mg (10.93%), Vitamin B5: 0.73mg (7.33%), Vitamin B3: 1.46mg (7.29%), Magnesium: 22.86mg (5.71%), Fiber: 1.33g (5.34%), Vitamin B6: 0.1mg (5.15%), Vitamin D: 0.73µg (4.84%), Potassium: 161.6mg (4.62%), Vitamin E: 0.68mg (4.55%), Copper: 0.07mg (3.6%), Vitamin C: 1.05mg (1.28%)