



Simple Spinach Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 eggs beaten
- ☐ 6 servings bell pepper
- ☐ 1 piecrust refrigerated
- ☐ 24 ounce spinach soufflé frozen thawed such as Stouffer's
- ☐ 6 ounces cups swiss cheese grated

Equipment

- ☐ bowl
- ☐ oven

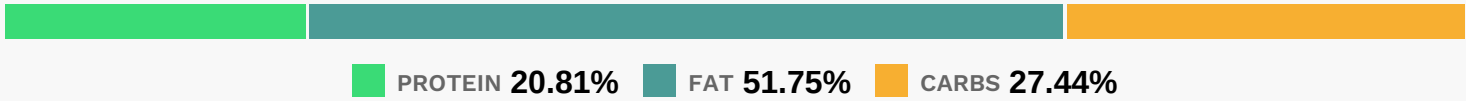
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tart form

Directions

- ☐ Heat oven to 375 F. Unroll the piecrust and press it into a 9-inch pie plate or tart pan.
- ☐ Combine the spinach souffl, eggs, cheese, and 1/4 teaspoon pepper in a large bowl.
- ☐ Pour the mixture into the prepared pie shell.
- ☐ Bake until set in the center, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:34.394782905993%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 335.1kcal (16.75%), Fat: 19.83g (30.51%), Saturated Fat: 8.48g (53%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 18.1g (6.58%), Sugar: 3.97g (4.42%), Cholesterol: 135.49mg (45.16%), Sodium: 296.88mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Vitamin K: 428.04µg (407.66%), Vitamin A: 16023.64IU (320.47%), Vitamin C: 101.6mg (123.15%), Folate: 234.87µg (58.72%), Manganese: 1.02mg (50.83%), Calcium: 425.62mg (42.56%), Selenium: 26.03µg (37.19%), Vitamin B2: 0.59mg (34.44%), Vitamin E: 5.07mg (33.83%), Phosphorus: 316.14mg (31.61%), Magnesium: 111.11mg (27.78%), Vitamin B6: 0.5mg (24.79%), Fiber: 5.56g (22.25%), Iron: 3.75mg (20.84%), Vitamin B12: 1.12µg (18.62%), Potassium: 637.64mg (18.22%), Zinc: 2.57mg (17.11%), Vitamin B1: 0.24mg (15.97%), Copper: 0.23mg (11.58%), Vitamin B3: 2.11mg (10.54%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 0.59µg (3.91%)