



Slow-Cooker Crustless Mediterranean Quiche

 Gluten Free

READY IN



195 min.

SERVINGS



9

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 eggs
- 1 cup milk
- 2 cups pkt spinach fresh chopped
- 6 oz feta cheese crumbled
- 0.5 cup roasted peppers red chopped
- 0.3 cup basil fresh chopped
- 1 teaspoon garlic finely chopped
- 9.6 oz crumbles fully cooked

0.3 cup feta cheese crumbled for garnish, if desired

1 cup frangelico

Equipment

whisk

slow cooker

Directions

Spray 4- to 5-quart slow cooker with cooking spray. In slow cooker, beat eggs, milk and Bisquick mix with whisk until well mixed.

Add spinach, 1 1/2 cups feta cheese, the bell peppers, basil, garlic and sausage; stir well.

Cover; cook on High heat setting 3 to 4 hours or on Low heat setting 5 to 6 hours. Quiche is done when center is set and edges are deep golden brown.

Cut into pieces to serve.

Garnish each serving with a sprinkle of feta cheese.

Nutrition Facts

 **PROTEIN 32.88%** **FAT 54.6%** **CARBS 12.52%**

Properties

Glycemic Index:24.89, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:15.999565093414%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 179.24kcal (8.96%), Fat: 10.9g (16.77%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.81g (2.02%), Cholesterol: 169.28mg (56.43%), Sodium: 569.75mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Vitamin B12: 3.39µg (56.57%), Vitamin K: 35.59µg (33.89%), Vitamin B1: 0.45mg (29.76%), Vitamin B2: 0.48mg (28.48%), Phosphorus: 249.04mg (24.9%), Selenium: 16.12µg (23.03%), Vitamin B6: 0.45mg (22.74%), Vitamin A: 1053.23IU (21.06%), Vitamin B3: 3.89mg (19.47%), Calcium: 180.54mg (18.05%), Iron: 2.68mg (14.87%), Zinc: 1.67mg (11.14%), Folate: 40.4µg (10.1%), Vitamin

B5: 0.93mg (9.34%), Vitamin D: 1.17µg (7.82%), Vitamin C: 5.71mg (6.93%), Fiber: 1.68g (6.72%), Potassium: 217.95mg (6.23%), Manganese: 0.1mg (5.2%), Magnesium: 18.96mg (4.74%), Vitamin E: 0.61mg (4.04%), Copper: 0.06mg (2.91%)