



Spaghetti Squash 'Quiche

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup bread crumbs
- 3 eggs
- 1 cup pkt spinach frozen thawed drained chopped
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 tablespoon olive oil extra-virgin
- 1 small onion chopped
- 0.5 teaspoon oregano dried

- 1 cup skim milk
- 1.5 pounds spaghetti squash halved lengthwise

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- whisk
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place squash on a baking sheet, cut-side down.
- Bake in the preheated oven until the outer shell of squash is tender, about 45 minutes. Scoop fibers and seeds out of squash and discard. Shred the tender squash meat with a fork; measure 3 cups and place in a bowl.
- Heat olive oil in a saucepan over medium heat; saute onion and garlic until onion is transparent, 5 to 10 minutes.
- Add spinach, black pepper, and oregano; cook and stir until heated through, about 3 minutes.
- Add spinach mixture to squash.
- Whisk eggs together in a bowl; add milk and whisk until frothy.
- Pour egg mixture over squash mixture; mix well.
- Spray a 9-inch pie pan with cooking spray.
- Sprinkle bread crumbs into prepared pie pan.
- Pour squash-egg mixture over bread crumbs.
- Bake in the preheated oven until a knife inserted into the center of the quiche comes out clean, about 45 minutes.

Nutrition Facts

PROTEIN 19.78% FAT 36.12% CARBS 44.1%

Properties

Glycemic Index:15.91, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:12.204347890356%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 97.2kcal (4.86%), Fat: 4.06g (6.25%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.07g (4.52%), Cholesterol: 62.3mg (20.77%), Sodium: 94.22mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin K: 75.72µg (72.11%), Vitamin A: 2514.34IU (50.29%), Manganese: 0.32mg (16.08%), Folate: 50.73µg (12.68%), Selenium: 8.33µg (11.9%), Vitamin B2: 0.19mg (11.32%), Calcium: 103.43mg (10.34%), Phosphorus: 93.93mg (9.39%), Vitamin B6: 0.17mg (8.38%), Magnesium: 31.29mg (7.82%), Fiber: 1.95g (7.82%), Vitamin B1: 0.11mg (7.6%), Vitamin E: 1.1mg (7.34%), Potassium: 236.12mg (6.75%), Iron: 1.17mg (6.52%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.34µg (5.67%), Vitamin B3: 1.04mg (5.22%), Zinc: 0.67mg (4.47%), Vitamin D: 0.67µg (4.45%), Copper: 0.08mg (4.21%), Vitamin C: 3.22mg (3.91%)