



## Spinach and Bacon Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



666 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 cups baby spinach fresh packed chopped
- 1 pound bacon crumbled cooked
- 6 large eggs beaten
- 1.5 cups heavy cream
- 19-inch pie crust refrigerated ()
- 8 servings salt and pepper
- 1.5 cups swiss cheese shredded

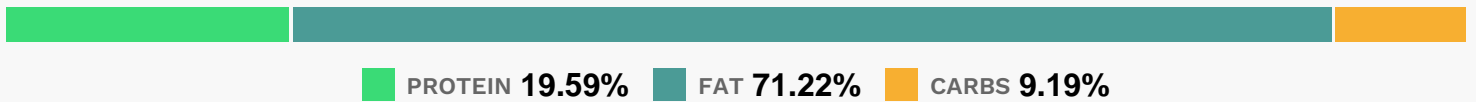
### Equipment

- food processor
- oven
- blender

## Directions

- Preheat the oven to 375 degrees F.
- Combine the eggs, cream, salt, and pepper in a food processor or blender.
- Layer the spinach, bacon, and cheese in the bottom of the pie crust, then pour the egg mixture on top.
- Bake for 35 to 45 minutes until the egg mixture is set.
- Cut into 8 wedges.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:21.016956401908%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 666.26kcal (33.31%), Fat: 52.4g (80.62%), Saturated Fat: 23.97g (149.82%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.43g (5.25%), Sugar: 1.47g (1.64%), Cholesterol: 264.89mg (88.3%), Sodium: 1357.27mg (59.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.87%), Selenium: 49.19µg (70.28%), Phosphorus: 458.03mg (45.8%), Vitamin K: 39.87µg (37.98%), Vitamin A: 1751.07IU (35.02%), Vitamin B3: 6.75mg (33.76%), Vitamin B2: 0.5mg (29.7%), Vitamin B1: 0.42mg (27.88%), Vitamin B12: 1.63µg (27.25%), Calcium: 249.21mg (24.92%), Zinc: 3.36mg (22.42%), Vitamin B6: 0.42mg (21.2%), Vitamin B5: 1.51mg (15.15%), Folate: 53.28µg (13.32%), Potassium: 457.59mg (13.07%), Iron: 2.12mg (11.78%), Vitamin D: 1.69µg (11.27%), Magnesium: 41.56mg (10.39%), Manganese: 0.2mg (10.14%), Vitamin E: 1.43mg (9.54%), Copper: 0.13mg (6.48%), Fiber: 0.79g (3.16%), Vitamin C: 2.38mg (2.88%)