



Spinach and Carrot Quiche

READY IN



50 min.

SERVINGS



16

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 cup carrots shredded
- 6 eggs
- 20 ounce pkt spinach frozen thawed chopped
- 2 cloves garlic minced
- 0.1 teaspoon ground nutmeg
- 2 cups monterrey jack cheese shredded
- 1 onion diced
- 0.5 teaspoon pepper
- 2 9-inch pie crusts ()

- 0.5 teaspoon pepper flakes red crushed
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat the oil in a skillet over medium heat, and cook the onion until tender.
- Mix in the garlic, spinach, and carrots, and cook until the spinach liquid has evaporated.
- Remove skillet from heat, and mix in cheese and eggs. Season with red pepper, nutmeg, salt, and pepper.
- Pour 1/2 the mixture into each pie shell.
- Bake 30 minutes in the preheated oven, until a toothpick inserted in the center of a quiche comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:16.917391289835%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg 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: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 213.69kcal (10.68%), Fat: 13.45g (20.7%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 13.16g (4.79%), Sugar: 0.86g (0.95%), Cholesterol: 73.95mg (24.65%), Sodium: 313.46mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Vitamin K: 136.35µg (129.85%), Vitamin A: 5040.6IU (100.81%), Folate: 81.3µg (20.32%), Manganese: 0.4mg (19.83%), Calcium: 169.21mg (16.92%), Selenium: 10.77µg (15.39%), Vitamin B2: 0.26mg (15.16%), Phosphorus: 135.04mg (13.5%), Vitamin E: 1.47mg (9.83%), Iron: 1.76mg (9.78%), Magnesium: 37.61mg (9.4%), Vitamin B1: 0.12mg (7.84%), Fiber: 1.93g (7.72%), Vitamin B6: 0.13mg (6.63%), Zinc: 0.98mg (6.51%), Potassium: 207.53mg (5.93%), Vitamin B3: 0.94mg (4.69%), Copper: 0.09mg (4.67%), Vitamin B5: 0.44mg (4.4%), Vitamin B12: 0.26µg (4.4%), Vitamin C: 2.81mg (3.41%), Vitamin D: 0.41µg (2.77%)