



Spinach and Cheese Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 1 clove garlic minced
- ☐ 1 pinch ground nutmeg
- ☐ 1.5 cups gruyere cheese grated
- ☐ 1.5 cups milk
- ☐ 0.5 onion finely chopped
- ☐ 8 servings salt and pepper
- ☐ 10 oz pkt spinach frozen dry thawed chopped
- ☐ 1 unbaked pie shell

☐ 1 tablespoon butter unsalted

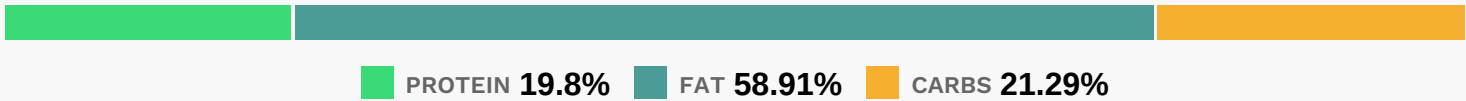
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375F. In a small skillet over medium heat, melt butter.
- ☐ Add onion and saut until translucent, about 5 minutes.
- ☐ Add garlic and cook for 1 minute longer, stirring.
- ☐ Transfer to a small bowl and let cool.
- ☐ Sprinkle onion mixture, spinach and Gruyre over bottom of pie shell. Beat eggs and milk together, season with salt, pepper and nutmeg. Gently pour into crust.
- ☐ Bake quiche for 40 to 45 minutes, until set and nicely browned.
- ☐ Remove from oven and let rest for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:19.483913172846%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 280.38kcal (14.02%), Fat: 18.46g (28.4%), Saturated Fat: 8.8g (54.99%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.3g (4.84%), Sugar: 2.92g (3.25%), Cholesterol: 106.23mg (35.41%), Sodium: 528.2mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Vitamin K: 134.39µg (127.99%), Vitamin A: 4609.57IU (92.19%), Calcium: 369.53mg (36.95%), Phosphorus: 268.99mg (26.9%), Vitamin B2: 0.34mg (19.78%),

Folate: 79.01µg (19.75%), Selenium: 13.66µg (19.51%), Manganese: 0.37mg (18.7%), Vitamin B12: 0.81µg (13.55%), Magnesium: 47.47mg (11.87%), Zinc: 1.71mg (11.4%), Vitamin E: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.61%), Iron: 1.62mg (8.99%), Vitamin B6: 0.16mg (8.23%), Potassium: 270.21mg (7.72%), Vitamin B5: 0.73mg (7.29%), Vitamin D: 1.05µg (7.02%), Fiber: 1.71g (6.84%), Copper: 0.09mg (4.72%), Vitamin B3: 0.85mg (4.27%), Vitamin C: 2.58mg (3.13%)