

# Spinach and Mushroom Quiche with Shiitake Mushrooms

READY IN



60 min.

SERVINGS



8

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup broccoli florets chopped
- ☐ 0.3 cup butter
- ☐ 4 eggs beaten
- ☐ 3 cloves garlic chopped
- ☐ 1 bunch green onions chopped
- ☐ 0.8 cup milk
- ☐ 19-inch single pie crust prepared

- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 3.5 ounce mushroom caps sliced
- ☐ 9 ounce pkt spinach fresh
- ☐ 1 slice at least of turkey bacon cut into 1/2-inch pieces

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ pie form

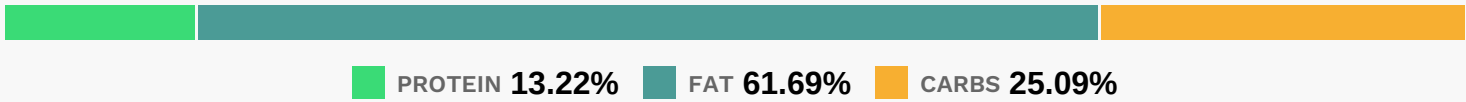
## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Fit pie crust into a 9-inch pie dish.
- ☐ Melt butter in a large skillet over medium heat; cook and stir green onions and garlic until green onions are softened, about 5 minutes. Cook and stir turkey bacon in the green onion mixture until fragrant.
- ☐ Stir spinach, shiitake mushrooms, and broccoli into green onion mixture; cook and stir vegetables until softened, 5 to 7 minutes.
- ☐ Mix in 1/4 cup Cheddar cheese.
- ☐ Spoon vegetable mixture into the pie crust.
- ☐ Beat eggs, milk, sea salt, and black pepper together in a bowl; pour egg mixture gently over vegetable filling, slightly stirring eggs into the filling to combine.
- ☐ Bake in the preheated oven for 15 minutes; sprinkle 1/2 cup Cheddar cheese over the top of the quiche and bake 10 additional minutes. Cover quiche with aluminum foil and bake until quiche has set and a toothpick inserted into the quiche comes out clean, about 10 more minutes.

☐

Allow quiche to cool for 5 minutes before serving.

# Nutrition Facts



## Properties

Glycemic Index:38.13, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:17.852173950361%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 262.23kcal (13.11%), Fat: 18.21g (28.01%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 14.74g (5.36%), Sugar: 1.82g (2.02%), Cholesterol: 108.61mg (36.2%), Sodium: 448.2mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.55%), Vitamin K: 169.03µg (160.98%), Vitamin A: 3460.9IU (69.22%), Folate: 98.74µg (24.68%), Manganese: 0.48mg (24.24%), Vitamin B2: 0.31mg (18.24%), Vitamin C: 14.95mg (18.12%), Selenium: 12.49µg (17.84%), Phosphorus: 163.06mg (16.31%), Calcium: 136.33mg (13.63%), Iron: 2.12mg (11.77%), Magnesium: 41.66mg (10.42%), Potassium: 351.1mg (10.03%), Vitamin B6: 0.2mg (9.96%), Vitamin E: 1.3mg (8.69%), Vitamin B1: 0.13mg (8.57%), Vitamin B5: 0.81mg (8.11%), Vitamin B3: 1.56mg (7.79%), Zinc: 1.16mg (7.7%), Fiber: 1.92g (7.67%), Vitamin B12: 0.41µg (6.88%), Copper: 0.11mg (5.46%), Vitamin D: 0.79µg (5.27%)