



## Spinach and Red Chard Quiche

READY IN



70 min.

SERVINGS



5

CALORIES



397 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 teaspoons capers
- 0.3 teaspoon curry powder
- 1 teaspoon parsley dried
- 3 cloves garlic minced
- 1 pinch ground cardamom
- 1 pinch ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper black
- 1 onion diced

- 8 small oyster mushrooms chopped
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 0.3 cup skim milk
- 0.5 pound pkt spinach rinsed chopped
- 0.5 pound swiss chard red rinsed chopped
- 12 ounce spicy tofu firm cubed
- 1 9-inch unbaked pie crust ()
- 1 tablespoon vegetable oil

## Equipment

- food processor
- frying pan
- oven
- blender

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bake pie crust until lightly browned. Meanwhile, place spinach and Swiss chard in a steamer over 1 inch of boiling water, and cover. Lightly cook, about 5 minutes.
- Heat oil in a large skillet over medium heat and saute onions and garlic. When onions become transparent add spinach and chard. Stir in curry powder, parsley, salt and pepper.
- Saute until spinach and chard reduce, then add mushrooms and capers. Stir and remove from heat.
- In a blender or food processor, combine tofu, milk, nutmeg, cinnamon, cardamom and Parmesan cheese. Process until smooth and creamy.
- Pour over vegetables and mix well.
- Transfer mixture to the pie crust.
- Bake in preheated oven for 20 minutes.

Remove from oven and sprinkle top with Cheddar cheese.

Bake for 10 more minutes, or until cheese is lightly browned.

## Nutrition Facts

**PROTEIN 17.67%** **FAT 51.76%** **CARBS 30.57%**

### Properties

Glycemic Index:62.65, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:25.869999750801%

### Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 6.72mg, Kaempferol: 6.72mg, Kaempferol: 6.72mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

### Nutrients (% of daily need)

Calories: 396.57kcal (19.83%), Fat: 23.26g (35.78%), Saturated Fat: 7.85g (49.03%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 26.52g (9.64%), Sugar: 2.81g (3.12%), Cholesterol: 20.37mg (6.79%), Sodium: 813.11mg (35.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.86g (35.73%), Vitamin K: 604.96µg (576.15%), Vitamin A: 7268.54IU (145.37%), Manganese: 0.89mg (44.69%), Calcium: 356.9mg (35.69%), Folate: 139.41µg (34.85%), Vitamin C: 28.62mg (34.69%), Iron: 4.44mg (24.67%), Phosphorus: 239.19mg (23.92%), Magnesium: 94.76mg (23.69%), Vitamin B2: 0.39mg (22.88%), Potassium: 657.36mg (18.78%), Fiber: 4.39g (17.58%), Selenium: 11.12µg (15.88%), Vitamin E: 2.36mg (15.73%), Vitamin B1: 0.22mg (14.74%), Vitamin B3: 2.86mg (14.3%), Copper: 0.26mg (12.93%), Vitamin B6: 0.25mg (12.69%), Zinc: 1.74mg (11.63%), Vitamin B5: 0.74mg (7.44%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.42µg (2.8%)