



Spinach and Smoked Gouda Crustless Quiche

READY IN



115 min.

SERVINGS



8

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 egg yolks
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed
- ☐ 4 ounces gouda cheese smoked grated
- ☐ 2 cups half-and-half
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 pinch nutmeg generous freshly grated
- ☐ 1 teaspoon paprika

- ☐ 4 tablespoons parmesan cheese freshly grated
- ☐ 0.8 cup scallions white green trimmed chopped
- ☐ 2 tablespoons butter unsalted softened

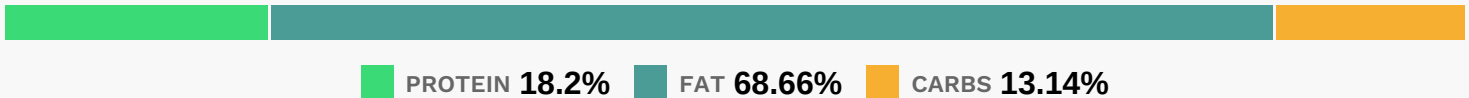
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ceramic pie form

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Brush a 9-inch glass or ceramic pie pan with the soft butter and sprinkle half the Parmesan on top.
- ☐ Place the pan on a baking sheet.
- ☐ Squeeze the spinach in batches, very firmly by hand, to remove excess water. Put spinach in a food processor, along with the eggs, egg yolks, half-and-half, Gouda, flour, nutmeg, and salt and pepper to taste. Pulsing until mixture is an even green color with bits of spinach, about 30 seconds.
- ☐ Add the scallions and pulse briefly to mix.
- ☐ Pour mixture into the prepared pan.
- ☐ Sprinkle the top with the remaining 2 tablespoons Parmesan and paprika.
- ☐ Place on the lower rack of the oven bake until quiche is just set in the center, about 40 to 45 minutes. Cool completely on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:18.257391442423%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 219.42kcal (10.97%), Fat: 17.08g (26.28%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.4g (3.78%), Cholesterol: 142.13mg (47.38%), Sodium: 245.01mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin K: 153.07µg (145.78%), Vitamin A: 4908.06IU (98.16%), Calcium: 253.69mg (25.37%), Phosphorus: 217.93mg (21.79%), Vitamin B2: 0.35mg (20.88%), Selenium: 14.1µg (20.14%), Folate: 78.54µg (19.64%), Manganese: 0.31mg (15.4%), Vitamin E: 1.68mg (11.2%), Magnesium: 42.54mg (10.64%), Vitamin B12: 0.57µg (9.53%), Zinc: 1.43mg (9.52%), Potassium: 282.57mg (8.07%), Vitamin B6: 0.15mg (7.7%), Iron: 1.38mg (7.66%), Vitamin B5: 0.62mg (6.17%), Vitamin B1: 0.09mg (6.05%), Fiber: 1.46g (5.84%), Vitamin C: 4.26mg (5.17%), Copper: 0.09mg (4.52%), Vitamin D: 0.63µg (4.19%), Vitamin B3: 0.46mg (2.28%)