



Spinach and Spaghetti Squash Quiche

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 1 eggs beaten
- ☐ 3 egg whites
- ☐ 12 fluid ounce evaporated skim milk canned
- ☐ 1 cup part-skim-milk mozzarella cheese
- ☐ 0.5 cup spaghetti squash shredded cooked
- ☐ 0.5 cup pkt spinach frozen dry thawed drained chopped

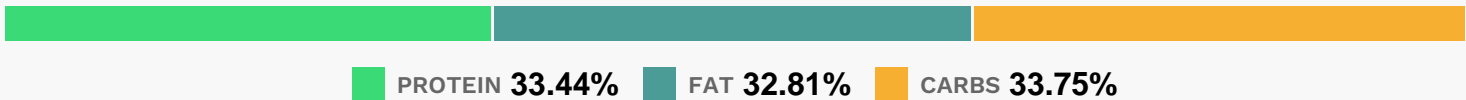
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pierce squash several times with a fork, and place in a microwave–safe dish. Microwave on high for 10 minutes, turn over, and continue cooking 10 minutes more. Squash flesh should be very tender inside. Set aside to cool.
- ☐ Cut squash in half lengthwise and scoop out seeds. Shred 1/2 cup of squash and place in a mixing bowl. Stir in egg, egg whites, evaporated milk, mozzarella cheese, and spinach until well combined. Spray a 9 inch pie place or quiche dish with cooking spray.
- ☐ Spread bread crumbs in the bottom and around the sides to coat.
- ☐ Pour egg mixture into prepared dish.
- ☐ Bake quiche in the preheated oven for 45 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool for at least 10 minutes before cutting.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:12.171739106593%

Nutrients (% of daily need)

Calories: 149.74kcal (7.49%), Fat: 5.44g (8.37%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.86g (4.31%), Sugar: 7.69g (8.54%), Cholesterol: 44.39mg (14.8%), Sodium: 274.92mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.95%), Vitamin K: 49.26µg (46.92%), Vitamin A: 1930.35IU (38.61%), Calcium: 300.05mg (30.01%), Vitamin B2: 0.39mg (22.9%), Phosphorus: 215.16mg (21.52%), Selenium: 12.21µg (17.45%), Vitamin B12: 0.67µg (11.12%), Vitamin D: 1.4µg (9.36%), Folate: 36.66µg (9.17%), Zinc: 1.35mg (8.98%), Magnesium: 35.28mg (8.82%), Potassium: 308.3mg (8.81%), Manganese: 0.17mg (8.35%), Vitamin B1: 0.11mg (7.21%), Vitamin B5: 0.67mg (6.71%), Iron: 0.95mg (5.27%), Vitamin B6: 0.09mg (4.42%), Vitamin E: 0.5mg

(3.35%), Vitamin B3: 0.66mg (3.32%), Fiber: 0.74g (2.95%), Copper: 0.06mg (2.82%), Vitamin C: 1.55mg (1.88%)