



Spinach-and-Turkey Quiche

READY IN



20 min.

SERVINGS



8

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 eggs lightly beaten
- ☐ 1 large garlic clove minced
- ☐ 0.5 cup half and half
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 15 oz pie crust dough refrigerated
- ☐ 0.8 cup roasted peppers red jarred
- ☐ 4 oz cheddar cheese shredded

- ☐ 12 oz spinach frozen thawed
- ☐ 0.8 cup turkey cooked chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions. Fold edges under, and crimp. Prick bottom and sides of piecrust with a fork.
- ☐ Line piecrust with parchment paper or aluminum foil; fill with pie weights or dried beans.
- ☐ Bake at 400 for 10 minutes.
- ☐ Remove weights and parchment paper; bake 5 more minutes, and set aside. Reduce oven temperature to 35
- ☐ Melt butter in a skillet over medium heat; add onion, and cook 3 to 4 minutes or until tender.
- ☐ Add garlic; cook 1 minute.
- ☐ Remove from heat; stir in spinach souffl.
- ☐ Whisk together eggs and half-and-half in a medium-size bowl. Stir in spinach mixture, cheese, and next 3 ingredients.
- ☐ Pour mixture into prepared piecrust.
- ☐ Bake at 350 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: For testing purposes only, we used Stouffer's Spinach Souffl, found in the frozen food section of the supermarket.

Nutrition Facts



 **PROTEIN 13.25%**  **FAT 55.92%**  **CARBS 30.83%**

Properties

Glycemic Index:20.75, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:21.250869657682%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 387.93kcal (19.4%), Fat: 24.22g (37.27%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 27.19g (9.89%), Sugar: 1.3g (1.45%), Cholesterol: 91.32mg (30.44%), Sodium: 575.95mg (25.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin K: 162.91µg (155.16%), Vitamin A: 5389.31IU (107.79%), Manganese: 0.59mg (29.27%), Folate: 114.15µg (28.54%), Selenium: 17.27µg (24.68%), Vitamin B2: 0.38mg (22.17%), Calcium: 199.91mg (19.99%), Phosphorus: 193.77mg (19.38%), Iron: 2.72mg (15.09%), Vitamin B1: 0.21mg (14.21%), Magnesium: 51.86mg (12.97%), Vitamin B3: 2.48mg (12.41%), Vitamin E: 1.85mg (12.31%), Vitamin B6: 0.24mg (11.86%), Fiber: 2.86g (11.43%), Vitamin C: 9.19mg (11.14%), Zinc: 1.48mg (9.85%), Potassium: 304.87mg (8.71%), Copper: 0.15mg (7.39%), Vitamin B12: 0.44µg (7.38%), Vitamin B5: 0.7mg (7.04%), Vitamin D: 0.44µg (2.95%)