



Spinach-Bacon Quiche

READY IN



60 min.

SERVINGS



6

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 strips oscar mayer bacon crispy crumbled cooked ()
- 1.8 cups milk cheddar cheese shredded 2% kraft
- 1 9-inch unbaked deep-dish pie crust frozen ()
- 0.5 tsp mustard dry
- 4 eggs
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic salt
- 0.3 cup onion finely chopped
- 0.3 tsp paprika

1.5 cups skim milk

Equipment

bowl

baking sheet

oven

knife

whisk

aluminum foil

Directions

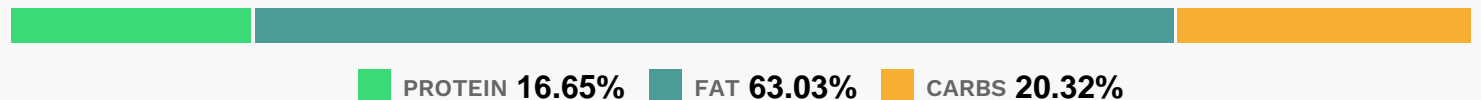
BEAT eggs in a large bowl; whisk in milk, onion, cheese, bacon, garlic salt, dry mustard and paprika. Squeeze spinach dry and add to mixture.

Pour into pie crust.

Place on foil lined baking sheet.

BAKE at 400F for 40 minutes or until a knife inserted in middle comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:25.338260785393%

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 Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 482.75kcal (24.14%), Fat: 33.95g (52.23%), Saturated Fat: 13.29g (83.07%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 22.56g (8.2%), Sugar: 3.92g (4.36%), Cholesterol: 158.44mg (52.81%), Sodium: 693.13mg (30.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Vitamin K: 182.41µg (173.72%), Vitamin A: 6209.56IU (124.19%), Selenium: 28.9µg (41.28%), Calcium: 402.13mg (40.21%), Phosphorus:

358.63mg (35.86%), Vitamin B2: 0.54mg (31.8%), Folate: 121.03µg (30.26%), Manganese: 0.54mg (27.11%), Vitamin B12: 1.08µg (17.93%), Zinc: 2.59mg (17.25%), Vitamin E: 2.52mg (16.83%), Vitamin B1: 0.25mg (16.73%), Magnesium: 64.95mg (16.24%), Vitamin B6: 0.28mg (13.82%), Iron: 2.45mg (13.62%), Potassium: 422.63mg (12.08%), Vitamin B5: 1.12mg (11.19%), Vitamin B3: 2.2mg (11.01%), Vitamin D: 1.55µg (10.31%), Fiber: 2.06g (8.26%), Copper: 0.14mg (7.23%), Vitamin C: 3.1mg (3.76%)