



Spinach, Caramelized Onion, and Feta Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup skim milk fat-free
- ☐ 5 ounces feta cheese crumbled
- ☐ 2 cups hash browns frozen southern-style thawed
- ☐ 2 teaspoons olive oil
- ☐ 3 cups onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 1 teaspoon sugar

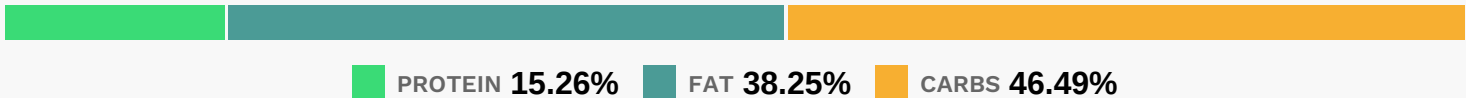
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion, sugar, and salt; cook for 30 minutes or until golden brown, stirring occasionally. Stir in potatoes, and cook for 5 minutes or until lightly browned.
- ☐ Remove from heat.
- ☐ Unroll dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern.
- ☐ Add second strip of dough to the end of the first strip, pinching ends together to seal; continue coiling the dough. Repeat procedure with the remaining dough strips. Cover and let dough rest for 10 minutes.
- ☐ Roll dough into a 12-inch circle, and fit into a 10-inch deep-dish pie plate coated with cooking spray.
- ☐ Spread potato mixture in bottom of prepared crust, and top with spinach.
- ☐ Combine milk, egg whites, eggs, and cheese; pour the milk mixture over the spinach.
- ☐ Bake at 350 for 1 hour or until set, shielding crust with foil after 50 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.54, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:19.40913044888%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 296.07kcal (14.8%), Fat: 12.95g (19.92%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 31.92g (11.61%), Sugar: 7.06g (7.84%), Cholesterol: 63.19mg (21.06%), Sodium: 817.27mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin K: 133.02µg (126.69%), Vitamin A: 4361.28IU (87.23%), Vitamin B2: 0.4mg (23.77%), Manganese: 0.41mg (20.73%), Calcium: 200.51mg (20.05%), Folate: 77.54µg (19.38%), Phosphorus: 178.53mg (17.85%), Selenium: 12.17µg (17.39%), Vitamin B6: 0.29mg (14.67%), Fiber: 3.48g (13.94%), Potassium: 459.44mg (13.13%), Vitamin C: 10.69mg (12.96%), Magnesium: 48.26mg (12.06%), Vitamin B1: 0.16mg (10.78%), Vitamin B12: 0.6µg (9.99%), Iron: 1.66mg (9.23%), Vitamin E: 1.35mg (8.98%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.77mg (7.72%), Copper: 0.14mg (7.23%), Vitamin B3: 1.36mg (6.78%), Vitamin D: 0.66µg (4.38%)