



Spinach, Green Onion, and Smoked Gouda Quiche

 Vegetarian

READY IN



156 min.

SERVINGS



10

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 cups baby spinach fresh
- 6 tablespoons butter softened
- 1 large egg yolk
- 3 large eggs
- 1.3 cups flour all-purpose
- 3 ounces gouda cheese smoked grated
- 0.5 cup green onions thinly sliced

- 1 cup milk 1% low-fat
- 2 tablespoons milk 1% low-fat
- 1 Dash nutmeg grated
- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon salt
- 0.8 teaspoon salt

Equipment

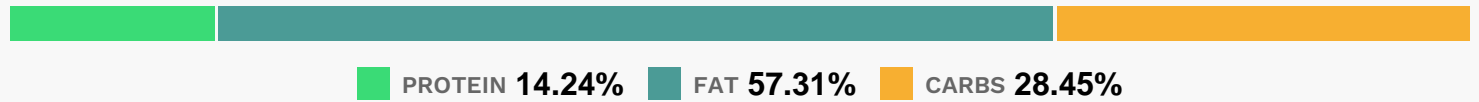
- bowl
- frying pan
- oven
- whisk
- blender
- plastic wrap

Directions

- To prepare crust, place butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Combine milk, salt, and egg yolk in a small bowl; stir well with a whisk.
- Add milk mixture to butter, 1 tablespoon at a time, beating well after each addition.
- Add flour; beat just until combined. Press mixture into a 4-inch circle on plastic wrap; cover. Chill for 1 hour.
- Preheat oven to 35
- Unwrap and place chilled dough on a lightly floured surface.
- Roll dough into a 10-inch circle. Fit dough into a 9-inch pie plate. Freeze 15 minutes.
- Bake at 350 for 25 minutes or until lightly browned. Cool.
- To prepare filling, heat oil in a large skillet over medium-high heat.
- Add onions; saut 5 minutes or until tender.
- Add spinach; saut 2 minutes.

- Combine 1 cup milk and remaining ingredients in a bowl; stir well with a whisk. Stir in spinach mixture.
- Pour filling into crust.
- Bake at 350 for 35 minutes.
- Cut into 10 wedges.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:10.40956524144%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 202.31kcal (10.12%), Fat: 12.91g (19.86%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 13.64g (4.96%), Sugar: 1.8g (2%), Cholesterol: 103.25mg (34.42%), Sodium: 396.97mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Vitamin K: 55.58µg (52.93%), Vitamin A: 1309.33IU (26.19%), Selenium: 12.85µg (18.36%), Folate: 61.43µg (15.36%), Vitamin B2: 0.24mg (14.37%), Phosphorus: 135.53mg (13.55%), Calcium: 120.85mg (12.09%), Vitamin B1: 0.16mg (10.66%), Manganese: 0.21mg (10.28%), Vitamin B12: 0.47µg (7.9%), Iron: 1.39mg (7.7%), Zinc: 0.87mg (5.77%), Vitamin E: 0.84mg (5.62%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: 0.49mg (4.93%), Magnesium: 19.45mg (4.86%), Vitamin D: 0.73µg (4.85%), Potassium: 158.3mg (4.52%), Vitamin C: 3.47mg (4.21%), Vitamin B6: 0.08mg (4.11%), Fiber: 0.77g (3.08%), Copper: 0.05mg (2.75%)