



Spinach Mushroom Quiche

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 eggs beaten
- ☐ 2 cups mushrooms fresh sliced
- ☐ 6 green onions chopped
- ☐ 0.5 cup half-and-half
- ☐ 1 ounce herb and lemon soup mix
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 2 cups torn spinach leaves

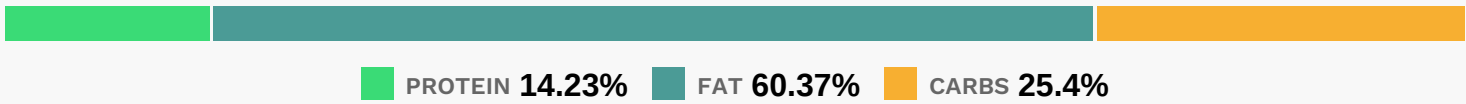
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Melt margarine in a skillet over medium heat and cook mushrooms, spinach and onions for 5 minutes or until tender, stir continuously.
- ☐ Remove the skillet from heat.
- ☐ In a 9 inch round pan or pie plate coated with non-stick cooking spray arrange crescent roll triangles in a circle, with narrow tips hung over the rim of the pie plate about 2 inches. Press dough onto the bottom and side of the pie plate to fill in any gaps.
- ☐ In a medium bowl stir together the soup mix, half and half cream and eggs. Stir the cheese and cooked vegetables into the egg mixture until blended.
- ☐ Pour into the prepared crust. Fold the points of dough that are hanging over the edge back in over the filling.
- ☐ Bake the quiche for 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:13.730869500533%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 331.4kcal (16.57%), Fat: 22.91g (35.25%), Saturated Fat: 11.76g (73.52%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.53g (7.46%), Sugar: 5.99g (6.66%), Cholesterol: 142.97mg (47.66%), Sodium: 884.57mg (38.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin K: 74.35µg (70.81%), Vitamin A: 1549.29IU (30.99%), Vitamin B2: 0.42mg (24.61%), Selenium: 15.81µg (22.59%), Phosphorus: 208.81mg (20.88%), Calcium: 205.88mg (20.59%), Folate: 50.44µg (12.61%), Vitamin B5: 1.09mg (10.88%), Iron: 1.8mg (10.02%), Zinc: 1.35mg (8.97%), Potassium: 308.22mg (8.81%), Copper: 0.17mg (8.52%), Manganese: 0.17mg (8.29%), Vitamin B6: 0.16mg (8.13%), Vitamin B12: 0.48µg (7.94%), Vitamin C: 6.08mg (7.37%), Vitamin B3: 1.42mg (7.12%), Magnesium: 26.73mg (6.68%), Vitamin E: 0.79mg (5.29%), Vitamin D: 0.76µg (5.09%), Vitamin B1: 0.07mg (4.96%), Fiber: 1.16g (4.66%)