



Spinach & Mushroom Quiche



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 tsp basil
- ☐ 0.3 cup cornstarch
- ☐ 10 cremini mushrooms whole sliced (brown)
- ☐ 1 tbsp dijon mustard
- ☐ 10 ounces pkt spinach frozen
- ☐ 1 tsp garlic powder
- ☐ 0.3 cup nutritional yeast
- ☐ 1 tsp onion powder

- ☐ 1 bell pepper whole red seeded sliced
- ☐ 0.3 tsp pepper flakes red
- ☐ 0.5 tsp salt
- ☐ 1 tsp thyme leaves
- ☐ 1 pound spicy tofu firm drained
- ☐ 0.5 tsp turmeric

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ pie form

Directions

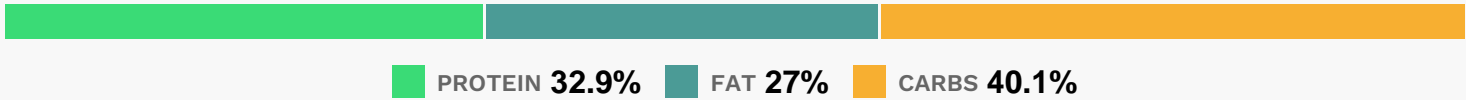
- ☐ Preheat oven to 350F. Lightly grease a shallow 9" pie pan and set aside.
- ☐ Combine tofu through lemon in a blender and puree until smooth, stopping to scrape the sides as necessary. Continue to blend until the mixture is an even yellow and resembles a thick batter. Set batter aside. Line a skillet with 1/4 cup of water.
- ☐ Add mushrooms and saute over med-high heat. Once the mushrooms start to get soft, add thyme, basil and red pepper flakes and continue to cook until mushrooms are soft and the water has evaporated. Meanwhile, prepare frozen spinach according to packaging instructions, draining cooked spinach and pressing out any excess water. In a large bowl, mix tofu mixture with mushrooms and spinach. Once combined evenly, pour into prepared pie dish.
- ☐ Garnish with red bell pepper slices if desired and bake 30-45 minutes at 350, or until thoroughly warm and slightly crust at edges. Allow to cool for 15-20 minutes before slicing. The quiche should still be warm for serving but not piping hot. Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat

90g

Carbohydrate

10gDietary Fiber2.80gSugars0.80gProtein8.20g

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:16.501304443116%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 91.91kcal (4.6%), Fat: 2.92g (4.49%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 7.21g (2.62%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 198.46mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin K: 133.2µg (126.86%), Vitamin A: 4652.27IU (93.05%), Vitamin C: 21.29mg (25.81%), Manganese: 0.33mg (16.73%), Folate: 65.18µg (16.3%), Selenium: 9.55µg (13.64%), Vitamin B2: 0.22mg (12.82%), Calcium: 126.02mg (12.6%), Fiber: 2.55g (10.2%), Iron: 1.77mg (9.83%), Copper: 0.19mg (9.42%), Potassium: 309.71mg (8.85%), Vitamin E: 1.3mg (8.7%), Magnesium: 32.87mg (8.22%), Vitamin B6: 0.15mg (7.3%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 57.08mg (5.71%), Vitamin B1: 0.07mg (4.81%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.56mg (3.74%)