



Spinach Mushroom Quiche with Tarragon

READY IN



95 min.

SERVINGS



8

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1 eggs separated
- ☐ 2 eggs
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped

- ☐ 0.3 teaspoon paprika
- ☐ 1 9-inch single pie crust prepared
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce pkt spinach fresh chopped
- ☐ 1 tablespoon water
- ☐ 0.3 cup cheddar cheese shredded white
- ☐ 1 small zucchini thinly sliced into rounds

Equipment

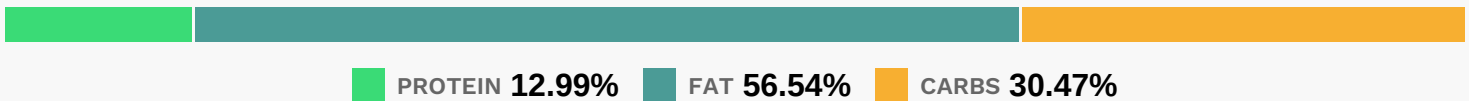
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place egg white of 1 egg into a small bowl and whisk with water until foamy. Set the egg yolk aside in a large bowl.
- ☐ Fit pie crust into a 9-inch pie dish.
- ☐ Brush egg white mixture over the edges and inside of crust. Poke holes into the inside and up the sides of the crust with a fork.
- ☐ Bake crust in the preheated oven until the egg white glaze cooks onto the crust, about 5 minutes.
- ☐ Pour any remaining egg white mixture into the large bowl with the yolk; whisk in 2 more eggs and milk until thoroughly combined. Set egg mixture aside.

- ☐ Heat canola oil in a large skillet over medium heat; cook and stir mushrooms and onion until the mushroom's liquid has evaporated, 9 to 15 minutes. Season with salt and black pepper.
- ☐ Turn off heat and stir spinach into hot mushrooms to wilt.
- ☐ Mix in tarragon, paprika, and cayenne pepper.
- ☐ Gently stir mushroom–spinach mixture into eggs and milk. Fold 1 1/4 cup of white Cheddar cheese into the filling.
- ☐ Pour mushroom–spinach filling into the prebaked pie crust and arrange slices of zucchini in a decorative pattern on top of the filling. Top with 1/4 cup white Cheddar cheese in an even layer.
- ☐ Place the quiche onto a baking sheet and bake in the oven until top is lightly browned and a knife inserted into the middle of the quiche comes out clean, 35 to 40 minutes.
- ☐ Allow quiche to cool on the hot baking sheet for 5 minutes before removing to finish cooling on a wire rack until serving temperature, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:15.839130380879%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 219.74kcal (10.99%), Fat: 14.02g (21.57%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.25g (5.55%), Sugar: 2.99g (3.33%), Cholesterol: 68.57mg (22.86%), Sodium: 253.03mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 108.09µg (102.95%), Vitamin A: 2244.35IU (44.89%), Vitamin B2: 0.35mg (20.49%), Folate: 77.75µg (19.44%), Manganese: 0.37mg (18.73%), Selenium: 11.01µg (15.73%), Phosphorus: 141.53mg (14.15%), Vitamin C: 10.01mg (12.13%), Calcium: 104.31mg (10.43%), Potassium: 362.17mg (10.35%), Vitamin B3: 1.99mg (9.96%), Iron: 1.78mg (9.89%), Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.14mg (9.65%), Vitamin E: 1.42mg (9.5%), Vitamin B6: 0.17mg (8.62%), Magnesium: 33.85mg (8.46%), Copper: 0.16mg (8.19%), Fiber: 1.74g (6.98%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.74µg (4.96%)