



## Spinach Pie I

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices bacon
- 3 eggs
- 1 clove garlic minced
- 0.1 teaspoon pepper black
- 2 cups milk
- 1 cup monterrey jack cheese shredded
- 0.5 cup onion minced
- 0.5 teaspoon onion powder

- 1 teaspoon salt
- 3 cups pkt spinach rinsed chopped
- 2 teaspoons granulated sugar white

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Arrange bacon slices in a medium skillet. Fry over medium-high heat until browned and slightly crisp.
- Drain on paper towels, then crumble into bottom of pie shell. Cover with spinach.
- In a medium bowl, beat together eggs, sugar, salt, onion powder, minced onion, garlic, and pepper. Slowly add scalded milk.
- Pour mixture over spinach in shell. Top with shredded cheese.
- Bake in preheated oven for 20 to 30 minutes, or until knife inserted in the center comes out clean.

## Nutrition Facts



**PROTEIN 20.87%** **FAT 67.03%** **CARBS 12.1%**

## Properties

Glycemic Index:25.61, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:8.6447825950125%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg,

Kaempferol: 0.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

## Nutrients (% of daily need)

Calories: 154.55kcal (7.73%), Fat: 11.53g (17.74%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.64g (4.04%), Cholesterol: 73.73mg (24.58%), Sodium: 432.59mg (18.81%), Alcohol: 0g (100%), Protein: 8.08g (16.15%), Vitamin K: 44.02µg (41.92%), Vitamin A: 1086.37IU (21.73%), Calcium: 164.31mg (16.43%), Phosphorus: 152.15mg (15.22%), Selenium: 9.46µg (13.52%), Vitamin B2: 0.2mg (11.89%), Vitamin B12: 0.54µg (9.01%), Folate: 27.3µg (6.82%), Vitamin B6: 0.13mg (6.4%), Zinc: 0.93mg (6.23%), Vitamin D: 0.92µg (6.14%), Vitamin B1: 0.08mg (5.5%), Manganese: 0.11mg (5.48%), Potassium: 191.19mg (5.46%), Magnesium: 20.22mg (5.06%), Vitamin B5: 0.5mg (5%), Vitamin C: 3.24mg (3.92%), Iron: 0.64mg (3.56%), Vitamin B3: 0.68mg (3.4%), Vitamin E: 0.43mg (2.89%), Copper: 0.04mg (1.8%), Fiber: 0.36g (1.45%)