



Spinach Quiche

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup bacon cooked chopped
- ☐ 8 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper white
- ☐ 110-inch pie crust fresh
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheese shredded

- ☐ 1 cup pkt spinach thin cut
- ☐ 2 cups milk whole

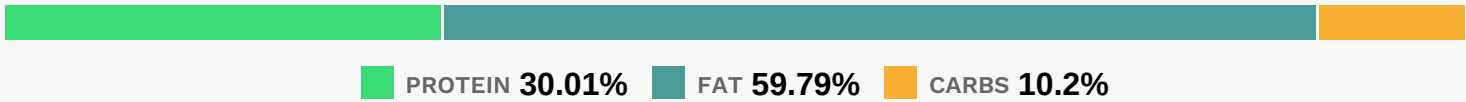
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (on low fan speed, if using convection). During this time, cover the bottom of the piecrust with aluminum foil and uncooked beans.
- ☐ Place the piecrust in the oven and bake (blind bake) for 10 to 12 minutes to allow the crust to cook. The crust should be light brown on the edges when removing from the oven.
- ☐ During the cooking of the crust, whisk together the milk, salt, pepper, nutmeg and eggs in a bowl. After mixing the eggs, in a second bowl, blend together the spinach, bacon, cheese and parsley.
- ☐ Add half of the egg mixture to coat the ingredients, again mixing well. Next, add the mixture to the cooked crust then finish with the remaining egg mixture.
- ☐ Bake in the oven until the middle of the quiche is set, about 20 minutes.
- ☐ Remove and serve.

Nutrition Facts



Properties

Glycemic Index:199, Glycemic Load:9.57, Inflammation Score:-10, Nutrition Score:60.32565214323%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.2mg, Quercetin: 1.2mg,

Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 1257.91kcal (62.9%), Fat: 82.62g (127.1%), Saturated Fat: 34.88g (217.98%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 29.94g (10.89%), Sugar: 26.08g (28.98%), Cholesterol: 1468.18mg (489.39%), Sodium: 4341.53mg (188.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.29g (186.58%), Selenium: 155.96µg (222.8%), Vitamin K: 214.38µg (204.17%), Phosphorus: 1632.82mg (163.28%), Vitamin B2: 2.64mg (155.15%), Vitamin B12: 7.66µg (127.68%), Vitamin A: 6242.94IU (124.86%), Calcium: 1132.2mg (113.22%), Vitamin D: 12.86µg (85.72%), Vitamin B5: 7.97mg (79.66%), Zinc: 10.18mg (67.89%), Vitamin B6: 1.29mg (64.34%), Folate: 236.06µg (59.01%), Vitamin B1: 0.78mg (52.28%), Potassium: 1741.72mg (49.76%), Iron: 8.4mg (46.65%), Magnesium: 160.88mg (40.22%), Vitamin B3: 7.09mg (35.47%), Vitamin E: 4.93mg (32.85%), Manganese: 0.58mg (28.86%), Copper: 0.41mg (20.5%), Vitamin C: 14.23mg (17.25%), Fiber: 1.76g (7.03%)