



Spinach Quiche

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup butter
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 1 9-inch unbaked deep dish pie crust ()
- ☐ 4 eggs beaten
- ☐ 6 ounce herb and garlic feta crumbled
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 cup milk

- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounce cheddar cheese shredded

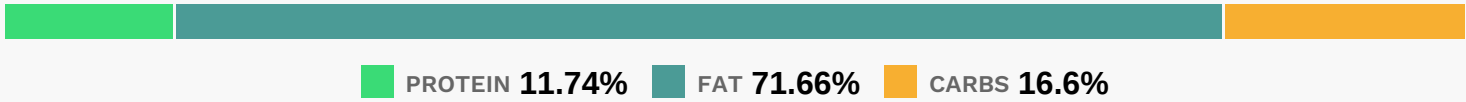
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium skillet, melt butter over medium heat.
- ☐ Saute garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.
- ☐ In a medium bowl, whisk together eggs and milk. Season with salt and pepper.
- ☐ Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:20.96956523605%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 492.75kcal (24.64%), Fat: 39.99g (61.52%), Saturated Fat: 20.47g (127.96%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 18.87g (6.86%), Sugar: 2.64g (2.93%), Cholesterol: 167.46mg (55.82%), Sodium: 823.07mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.47%), Vitamin K: 137.95µg (131.38%), Vitamin A: 4962.43IU (99.25%), Calcium: 310.96mg (31.1%), Selenium: 19.75µg (28.22%), Phosphorus: 258.97mg (25.9%), Vitamin B2: 0.4mg (23.48%), Folate: 93.46µg (23.37%), Manganese: 0.44mg (21.92%), Vitamin E: 2.17mg (14.47%), Zinc: 1.93mg (12.89%), Magnesium: 48.61mg (12.15%), Vitamin B12: 0.69µg (11.42%), Iron: 1.91mg (10.59%), Vitamin B1: 0.15mg (10.14%), Vitamin B6: 0.18mg (9.22%), Vitamin B5: 0.87mg (8.66%), Potassium: 287.56mg (8.22%), Fiber: 1.98g (7.91%), Copper: 0.14mg (7.16%), Vitamin D: 0.98µg (6.52%), Vitamin B3: 1.23mg (6.14%), Vitamin C: 2.95mg (3.57%)