



Spinach Quiche



Gluten Free



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 16 ounce curd cottage cheese
- ☐ 0.3 cup croutons crushed
- ☐ 4 eggs beaten
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 1 bunch green onions finely chopped (white parts only)
- ☐ 2 cups cheddar cheese shredded

Equipment

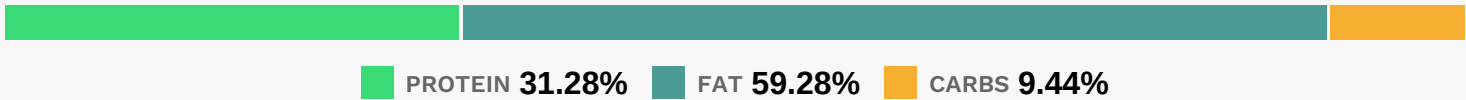
- ☐ frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9 inch pie or quiche pan.
- ☐ Place spinach in a small saucepan. Cook over medium heat, stirring occasionally until soft.
- ☐ Drain off any remaining liquid. Stir in green onions, eggs, cottage cheese and Cheddar cheese.
- ☐ Pour mixture into prepared pan.
- ☐ Bake uncovered in preheated oven for 45 minutes.
- ☐ Remove from oven and sprinkle with crushed croutons. Return to oven and bake for an additional 15 minutes, until eggs are set.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:19.079130571821%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 217.34kcal (10.87%), Fat: 14.4g (22.16%), Saturated Fat: 7.12g (44.48%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.99g (2.21%), Cholesterol: 119.73mg (39.91%), Sodium: 427.84mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Vitamin K: 138.78µg (132.17%), Vitamin A: 4666.49IU (93.33%), Selenium: 22.74µg (32.49%), Calcium: 307.69mg (30.77%), Phosphorus: 282.65mg (28.26%), Vitamin B2: 0.4mg (23.64%), Folate: 77.62µg (19.4%), Manganese: 0.27mg (13.45%), Vitamin B12: 0.74µg (12.32%), Zinc: 1.77mg (11.77%), Magnesium: 42.27mg (10.57%), Vitamin E: 1.53mg (10.22%), Vitamin B5: 0.81mg (8.09%), Vitamin B6: 0.15mg (7.3%), Potassium: 243.13mg (6.95%), Iron: 1.22mg (6.79%), Vitamin B1: 0.07mg (4.87%), Copper: 0.1mg (4.83%), Fiber: 1.15g (4.61%), Vitamin D: 0.67µg (4.44%), Vitamin C: 2.51mg (3.05%), Vitamin B3: 0.33mg (1.67%)