



Spinach Quiche with Bacon

READY IN



75 min.

SERVINGS



15

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 2 eggs beaten
- 2 Tbsp flour
- 10 oz pkt spinach frozen cooked drained chopped well
- 1 cup milk
- 1 dash pepper
- 1 ready-to-use pie crust refrigerated
- 0.5 tsp salt
- 2 cups sharp cheddar cheese shredded kraft

Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 350F.
- Line 9-inch pie plate with crust; flute edge.
- Toss cheese with flour in medium bowl.
- Add remaining ingredients.
- Pour into crust.
- Bake 1 hour or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:10.712608710579%

Nutrients (% of daily need)

Calories: 158.9kcal (7.95%), Fat: 11.02g (16.95%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.44g (2.71%), Sugar: 0.98g (1.09%), Cholesterol: 41.75mg (13.92%), Sodium: 280.05mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Vitamin K: 71.58µg (68.17%), Vitamin A: 2426.95IU (48.54%), Calcium: 156.8mg (15.68%), Selenium: 9.38µg (13.4%), Phosphorus: 121.9mg (12.19%), Vitamin B2: 0.19mg (10.93%), Folate: 43.09µg (10.77%), Manganese: 0.2mg (9.77%), Zinc: 0.91mg (6.08%), Magnesium: 23.36mg (5.84%), Vitamin B1: 0.08mg (5.65%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.8mg (5.35%), Iron: 0.84mg (4.69%), Vitamin B6: 0.08mg (4.03%), Potassium: 130.37mg (3.72%), Fiber: 0.86g (3.44%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.31mg (3.05%), Vitamin D: 0.4µg (2.7%), Copper: 0.05mg (2.43%), Vitamin C: 1.04mg (1.26%)