



Sun-dried Tomato, Mushroom, and Spinach Tofu Quiche



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup baby spinach
- ☐ 8 servings bell pepper black to taste
- ☐ 1 cup buckwheat groats gluten-free
- ☐ 8 oz cremini mushrooms sliced
- ☐ 1 teaspoon parsley dried
- ☐ 0.8 teaspoon grain sea salt fine
- ☐ 0.5 cup basil leaves fresh finely chopped

- ☐ 0.5 cup chives fresh finely chopped
- ☐ 3 large garlic cloves minced
- ☐ 1 tablespoon ground flax mixed
- ☐ 0.5 tsp kosher salt
- ☐ 1 leek yellow thinly sliced
- ☐ 2 tbsp nutritional yeast
- ☐ 0.3 cup oil-packed sun-dried tomatoes finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 tbsp olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 8 servings pepper flakes red to taste
- ☐ 14 oz block tofu firm
- ☐ 2.5 tbsp water as needed
- ☐ 1 cup almonds whole

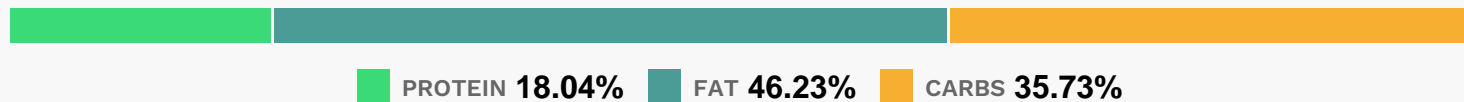
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen towels
- ☐ tart form
- ☐ pie form

Directions

- ☐ Preheat oven to 350F and lightly grease a round 10-inch tart pan. Alternatively, you can use a 9-inch glass pie dish if desired. Wrap rinsed tofu in a few tea towels.
- ☐ Whisk together flax and water mixture in a small bowl and set aside so it can gel up. In a large bowl, stir together the almond meal, oat flour (or buckwheat flour), parsley, oregano, and salt.
- ☐ Add in the flax mixture and oil. Stir until mostly combined, adding the remaining water until the dough is sticky (about the consistency of cookie dough). The dough should stick together when you press it between your fingers. Crumble the dough evenly over the base of the tart pan (or pie dish). Starting from the centre of the pan, press the mixture evenly into the pan, working your way outward and up the sides of the pan. Poke a few fork holes in the dough so air can escape.
- ☐ Bake the crust at 350F for 13–16 minutes, or until lightly golden and firm to touch. Set aside to cool while you finish preparing the filling. Increase oven temperature to 375F. For the filling: Break apart the tofu block into 4 pieces and add into food processor. Process the tofu until smooth and creamy. If it doesn't get creamy, add a tiny splash of almond milk to help it along. In a skillet, add oil and saute the leek (or onion) and garlic over medium heat for a few minutes. Stir in the mushrooms, season with salt, and cook on medium–high heat until most of the water cooks off the mushrooms, about 10–12 minutes. Stir in the herbs, sun-dried tomatoes, spinach, nutritional yeast, oregano, salt, pepper, and red pepper flakes until combined. Cook until the spinach is wilted. Finally, remove from heat and stir in the processed tofu until thoroughly combined. Adjust seasoning to taste if desired. Spoon mixture into baked crust and smooth out with a spoon until even.
- ☐ Bake quiche, uncovered, at 375F for 33–37 minutes, until the quiche is firm to the touch. For best results, cool the quiche for 15–20 minutes on a cooling rack before attempting to slice. The crust may crumble slightly when sliced warm, but not to worry. Wrap up leftovers and refrigerate for 3–4 days. Leftover quiche can be reheated in the oven on a baking sheet for about 15–20 minutes at 350F.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:8.13, Inflammation Score:-9, Nutrition Score:18.957826123289%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 292.29kcal (14.61%), Fat: 16.22g (24.95%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 20.76g (7.55%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 409.61mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Manganese: 0.99mg (49.47%), Vitamin E: 5.49mg (36.62%), Copper: 0.68mg (34.14%), Vitamin K: 35.77µg (34.06%), Magnesium: 122.78mg (30.7%), Fiber: 7.45g (29.82%), Vitamin B2: 0.49mg (29.03%), Vitamin A: 1178.24IU (23.56%), Phosphorus: 232.09mg (23.21%), Vitamin B3: 3.98mg (19.92%), Potassium: 658.83mg (18.82%), Iron: 3.11mg (17.28%), Selenium: 11.06µg (15.8%), Calcium: 151.74mg (15.17%), Zinc: 1.69mg (11.25%), Vitamin B6: 0.21mg (10.4%), Folate: 39.96µg (9.99%), Vitamin B1: 0.14mg (9.54%), Vitamin B5: 0.93mg (9.34%), Vitamin C: 5.98mg (7.25%)