



Sunday Brunch: Ham and Spinach Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 5 eggs
- ☐ 0.3 pound deli honey ham thinly sliced
- ☐ 8 servings kosher salt black
- ☐ 1.5 cups milk
- ☐ 1 pinch pepper red
- ☐ 10 ounces pkt spinach dry cooked

Equipment

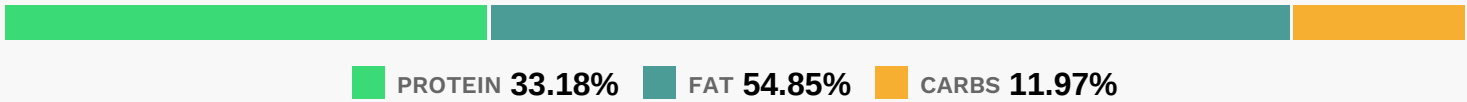
- ☐ oven

- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 375°.
- ☐ Roll out the pastry so that it fits in the tart pan without stretching.
- ☐ Remove excess dough from edges, cover with foil, then with either dried beans or pie weights.
- ☐ Bake for 20 minutes or until light brown.
- ☐ While quiche shell is baking, beat eggs and mix with milk and season with salt and black pepper. Season spinach to taste with salt and pepper then add to egg/milk mixture.
- ☐ When quiche shell has finished baking, gently remove foil and weights and allow to cool slightly.
- ☐ Lay ham down in on bottom of crust, then pour over egg and spinach mixture.
- ☐ Place quiche in 375° oven and bake for additional 25 minutes, or until eggs have set.
- ☐ Serve with green salad and white wine.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:16.939130627591%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 120.89kcal (6.04%), Fat: 7.39g (11.37%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.45g (2.72%), Cholesterol: 119.51mg (39.84%), Sodium: 502.76mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.11%), Vitamin K: 171.39µg (163.23%), Vitamin A: 3549.24IU (70.98%), Folate: 82.24µg (20.56%), Selenium: 13.96µg (19.94%), Vitamin B2: 0.3mg (17.51%), Manganese: 0.33mg (16.54%), Phosphorus: 158.5mg (15.85%), Vitamin C: 9.96mg (12.07%), Vitamin B1: 0.18mg (11.86%), Calcium: 108.24mg (10.82%), Vitamin B6: 0.22mg (10.79%), Potassium: 358.65mg (10.25%), Vitamin B12:

0.61µg (10.21%), Magnesium: 40.4mg (10.1%), Iron: 1.61mg (8.94%), Vitamin D: 1.19µg (7.9%), Zinc: 1.17mg (7.8%), Vitamin E: 1.1mg (7.36%), Vitamin B5: 0.7mg (7.02%), Vitamin B3: 1.17mg (5.85%), Copper: 0.08mg (4.11%), Fiber: 0.78g (3.14%)