



## Suzanne's Spinach Quiche

READY IN



90 min.

SERVINGS



8

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 4.5 ounces mushrooms fresh thinly sliced
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 cup yogurt plain
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 9-inch unbaked pie crust ()

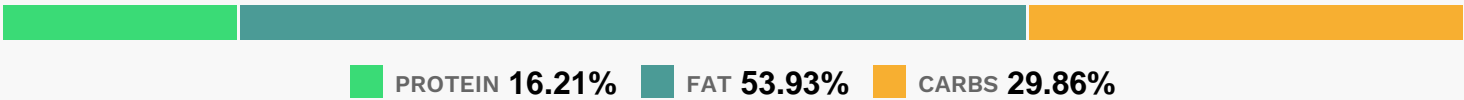
# Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ microwave

# Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Prick the pie crust all over with fork and bake for 5 minutes.
- ☐ Place the frozen spinach in microwave safe bowl and cook until thawed.
- ☐ Drain as much of the liquid as you can and then use paper towels to get the spinach as dry as possible.
- ☐ Beat together the eggs, yogurt or sour cream, flour, and pepper until well mixed. Stir in the spinach.
- ☐ Layer the sliced mushrooms, cheese, and chopped scallions in that order on the bottom of the pie crust. Top with the spinach mixture.
- ☐ Bake in preheated oven for 15 minutes and then decrease temperature to 350 degrees F (175 degrees C) and bake for 30 additional minutes.
- ☐ Let cool before serving.

# Nutrition Facts



# Properties

Glycemic Index:27.13, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:17.794782483059%

# Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

# Nutrients (% of daily need)

Calories: 224.85kcal (11.24%), Fat: 13.65g (21%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.07g (5.48%), Sugar: 2.14g (2.37%), Cholesterol: 59.08mg (19.69%), Sodium: 252.21mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin K: 140.66µg (133.96%), Vitamin A: 4418.83IU (88.38%), Folate: 85.61µg (21.4%), Vitamin B2: 0.35mg (20.56%), Calcium: 197.04mg (19.7%), Manganese: 0.39mg (19.63%), Selenium: 13.44µg (19.19%), Phosphorus: 167.14mg (16.71%), Magnesium: 41.52mg (10.38%), Iron: 1.73mg (9.59%), Vitamin B1: 0.14mg (9.43%), Vitamin E: 1.4mg (9.35%), Zinc: 1.26mg (8.37%), Potassium: 281.59mg (8.05%), Fiber: 1.93g (7.74%), Vitamin B3: 1.54mg (7.71%), Vitamin B5: 0.73mg (7.27%), Copper: 0.14mg (7.03%), Vitamin B6: 0.13mg (6.54%), Vitamin B12: 0.37µg (6.13%), Vitamin C: 3.02mg (3.67%), Vitamin D: 0.37µg (2.45%)