



Three Cheese-Vegetable Quiche

READY IN



55 min.

SERVINGS



6

CALORIES



609 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 1 tablespoon vegetable oil
- 3 portabello mushrooms sliced
- 0.5 onion red sliced
- 1 cup milk
- 9 oz spinach frozen thawed chopped
- 1 teaspoon onion minced
- 0.3 cup egg whites (3 egg whites)
- 2 eggs

- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup gouda cheese shredded
- 0.8 cup cheddar cheese shredded
- 1 tablespoons gorgonzola crumbled
- 0.3 teaspoon parsley dried

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Make 1 pie crust in 9-inch glass pie plate as directed on box for One-Crust-Filled Pie. Using fork, poke holes in the base all over and bake according to package directions.
- Meanwhile in medium skillet, heat oil.
- Add mushrooms and red onion slices; cook over medium-high heat until soft, about 4 to 5 minutes. Cool slightly.
- In medium bowl, combine milk, spinach, minced onion, egg whites, eggs, salt and pepper; stir until all ingredients are well combined.
- Stir in Gouda cheese, Cheddar cheese and cooled mushrooms mixture.
- Pour egg mixture into pie shell.
- Sprinkle Gorgonzola cheese over top.
- Bake 35 to 40 minutes or until center is puffed and light golden brown. Cool 10 minutes.

Nutrition Facts

 **PROTEIN 16.3%**  **FAT 57.45%**  **CARBS 26.25%**

Properties

Glycemic Index:39.5, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:28.90565200474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 608.72kcal (30.44%), Fat: 39.03g (60.05%), Saturated Fat: 17.13g (107.08%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 36.5g (13.27%), Sugar: 4.77g (5.3%), Cholesterol: 120.27mg (40.09%), Sodium: 905.87mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin K: 168.93µg (160.89%), Vitamin A: 5514.48IU (110.29%), Calcium: 518.78mg (51.88%), Phosphorus: 478.21mg (47.82%), Selenium: 32.24µg (46.06%), Vitamin B2: 0.65mg (38.3%), Folate: 141.4µg (35.35%), Manganese: 0.66mg (32.96%), Zinc: 3.26mg (21.71%), Vitamin B3: 4.04mg (20.19%), Vitamin B1: 0.3mg (19.88%), Vitamin B12: 1.17µg (19.48%), Iron: 3.09mg (17.15%), Magnesium: 66.89mg (16.72%), Potassium: 547.46mg (15.64%), Fiber: 3.63g (14.51%), Vitamin B5: 1.44mg (14.36%), Vitamin E: 2.12mg (14.11%), Vitamin B6: 0.28mg (13.79%), Copper: 0.27mg (13.5%), Vitamin D: 1.16µg (7.73%), Vitamin C: 3.05mg (3.69%)