



Transformed Spinach Mushroom Quiche

READY IN



90 min.

SERVINGS



8

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 eggs
- ☐ 4 ounce feta cheese crumbled
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.8 cup milk
- ☐ 1 9-inch single pie crust prepared

- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh
- ☐ 8 ounce swiss cheese shredded divided
- ☐ 0.5 onion yellow sliced

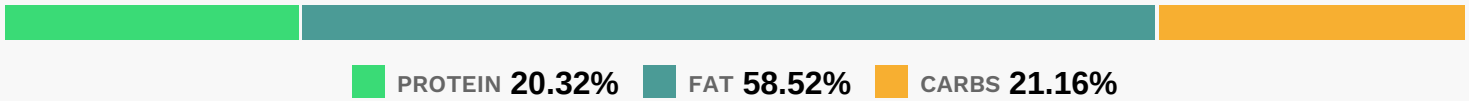
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Fit pie crust into a 9-inch pie dish.
- ☐ Whisk eggs, milk, parsley, garlic, salt, black pepper, and nutmeg in a bowl.
- ☐ Gently combine spinach, mushrooms, onion, and feta cheese in a separate bowl.
- ☐ Spread spinach-mushroom mixture in the prepared pie dish; top with half the Swiss cheese.
- ☐ Pour egg mixture evenly over the filling, swirling egg mixture in bowl to spread seasonings through the eggs; top the quiche with remaining Swiss cheese.
- ☐ Place quiche on a baking sheet.
- ☐ Bake in preheated oven until the quiche is lightly puffed and browned, 45 to 50 minutes. A toothpick inserted into the center of the filling should come out clean. Cool for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:23.472608587016%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 326.77kcal (16.34%), Fat: 21.44g (32.99%), Saturated Fat: 10.25g (64.06%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 15.58g (5.66%), Sugar: 2.2g (2.45%), Cholesterol: 123.57mg (41.19%), Sodium: 531.63mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin K: 182.21µg (173.53%), Vitamin A: 3817.15IU (76.34%), Calcium: 406.98mg (40.7%), Phosphorus: 340.03mg (34%), Vitamin B2: 0.56mg (33.18%), Selenium: 22.36µg (31.94%), Folate: 110.62µg (27.65%), Manganese: 0.49mg (24.37%), Vitamin B12: 1.43µg (23.77%), Zinc: 2.5mg (16.64%), Vitamin C: 11.84mg (14.36%), Magnesium: 53.04mg (13.26%), Iron: 2.33mg (12.96%), Vitamin B6: 0.26mg (12.81%), Vitamin B5: 1.24mg (12.44%), Potassium: 421.84mg (12.05%), Vitamin B1: 0.17mg (11.37%), Vitamin B3: 2.17mg (10.86%), Copper: 0.2mg (9.78%), Vitamin E: 1.28mg (8.55%), Fiber: 1.87g (7.47%), Vitamin D: 0.81µg (5.37%)