



Weeknight Cheese Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 eggs
- 1 cup mushrooms fresh sliced
- 10 oz pkt spinach frozen thawed drained chopped
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 1 onion chopped
- 19-inch pie crust frozen thawed ()
- 0.3 cup oscar mayer real bacon bits
- 1 cup mozzarella cheese shredded kraft

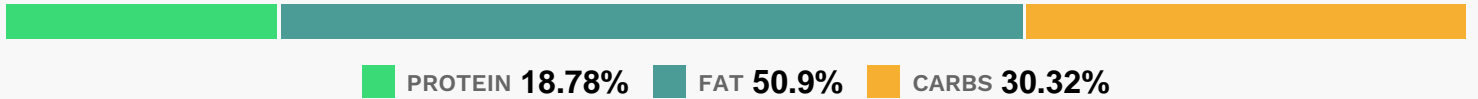
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375F.
- Cook mushrooms and onions in large nonstick skillet sprayed with cooking spray on medium-high heat 5 min. or until crisp-tender.
- Remove from heat; stir in spinach.
- Whisk eggs, milk and dressing in medium bowl until blended.
- Add spinach mixture and cheese; mix well.
- Pour into crust; sprinkle with bacon.
- Bake 50 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:21.403478332188%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 311.68kcal (15.58%), Fat: 17.82g (27.41%), Saturated Fat: 7.14g (44.61%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 20.93g (7.61%), Sugar: 3.81g (4.24%), Cholesterol: 133.5mg (44.5%), Sodium: 589.56mg

(25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin K: 178.83µg (170.32%), Vitamin A: 5857.46IU (117.15%), Folate: 113.14µg (28.29%), Selenium: 18.75µg (26.79%), Manganese: 0.53mg (26.27%), Vitamin B2: 0.44mg (25.73%), Phosphorus: 204.79mg (20.48%), Calcium: 200.2mg (20.02%), Iron: 2.49mg (13.84%), Magnesium: 52.59mg (13.15%), Vitamin B12: 0.77µg (12.77%), Vitamin E: 1.88mg (12.53%), Vitamin B1: 0.18mg (12.16%), Fiber: 2.94g (11.78%), Potassium: 355.4mg (10.15%), Vitamin B6: 0.2mg (10.08%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.97mg (9.68%), Vitamin B3: 1.79mg (8.97%), Copper: 0.17mg (8.72%), Vitamin D: 0.84µg (5.62%), Vitamin C: 4.29mg (5.2%)