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Spinach Feta Quiche with Sweet Potato Crust

Spinach Feta Quiche with Sweet Potato Crust is a delicious vegetarian dish that combines the flavors of spinach, feta cheese, and sweet potato. The quiche is baked to perfection and can be enjoyed for breakfast, brunch, or any meal of the day. The sweet potato crust adds a unique twist to the traditional quiche recipe.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	Sweet Potatoes
200 g	spinach
150 g	feta cheese

6 pieces	eggs
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250 ml	milk
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1 tsp	Salt
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1 tsp	Pepper
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Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Peel and grate the sweet potatoes. Press the grated sweet potatoes into the bottom and sides of a greased pie dish to form the crust.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a skillet, sauté the spinach until wilted. Remove from heat and let cool. Once cooled, squeeze out any excess moisture.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

In a bowl, whisk together the eggs, milk, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spread the sautéed spinach evenly over the sweet potato crust. Crumble the feta cheese on top of the spinach.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the egg mixture over the spinach and feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 35-40 minutes, or until the quiche is set and golden brown on top.

Prep Time: 0 mins

Cook Time: 40 mins

Step 8

Cooling

Remove from the oven and let cool for a few minutes. Slice and serve.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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