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Crustless Spinach Quiche ♦♦

A delicious vegetarian quiche made without the crust. Packed with spinach and cheese, it's a healthy and flavorful dish that can be enjoyed for breakfast, brunch, or any meal of the day.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 83 g

Ingredients

300 g	spinach
6 units	eggs
250 ml	milk
150 g	Cheddar Cheese
100 g	onion

2
cloves

garlic

1 tsp

Salt

0.5 tsp

Black pepper

1 tbsp

Olive oil

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a skillet over medium heat. Add chopped onion and minced garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add spinach to the skillet and cook until wilted. Remove from heat and let cool.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stirring

Stir in cooked spinach mixture and grated cheddar cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Preparation

Pour the mixture into a greased pie dish or baking dish.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 30-35 minutes, or until the quiche is set and golden brown on top.

Prep Time: 0 mins

Cook Time: 30 mins

Step 8

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 190 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 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	195 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	90 iu	10%	12.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
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	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

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

Meal Type

Brunch

Lunch

Dinner

Difficulty Level

Medium

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