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Practical Paleo Swirly Crustless Quiche ♦♦

This practical Paleo swirly crustless quiche is a delicious and healthy breakfast option. It is made with a variety of fresh ingredients and is perfect for those following a Paleo diet. The quiche is packed with flavor and nutrients, making it a satisfying and nutritious meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

6 pieces	Eggs
200 g	spinach
150 g	Mushrooms
100 g	onion

200 ml	coconut milk
1 tsp	Salt
1 tsp	Pepper
2 tbsp	coconut oil

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a skillet, heat coconut oil over medium heat. Add onions and mushrooms and sauté until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Grease a baking dish with coconut oil. Spread the sautéed onions and mushrooms evenly in the dish. Top with spinach.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Pour the egg mixture over the vegetables in the baking dish.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Baking

Bake for 20 minutes or until the quiche is set and golden brown on top.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	12 g	70.59%	70.59%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
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

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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