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Vegetable Quiche ♦♦

A delicious vegetarian quiche made with fresh vegetables and a savory crust.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 100 g

Ingredients

200 g	pie crust
4 pieces	Eggs
200 ml	milk
150 g	cheddar cheese
100 g	spinach
100 g	Mushrooms

50 g	onion
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Oven

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll out the pie crust and place it in a greased quiche pan.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spread the spinach, mushrooms, and onion over the pie crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Pour the egg mixture over the vegetables.

Prep Time: 5 mins

Cook Time: 30 mins

Step 6

Sprinkle the cheddar cheese on top.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Oven

Bake in the preheated oven for 30-40 minutes, or until the quiche is set and golden brown.

Prep Time: 0 mins

Cook Time: 40 mins

Step 8

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 18 g

Protein: 12 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
Cholesterol	180 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
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 Snack Supper

Difficulty Level

Medium

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