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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: 12g

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

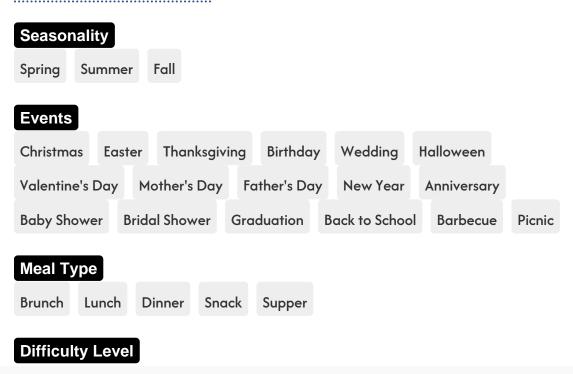
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

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



Medium

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