AMERICAN · BREAKFAST · LUNCH · DINNER

Crustless Spinach, Mushroom and Feta Quiche

60 min · Serves 8 · 260 kcal a serve · Video 3:30 · The Stay At Home Chef

Vegetarian · Gluten-free ingredients · No nuts listed

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Eggs and cheese give about 16 g protein and nearly a third of a day's calcium per slice, and the spinach adds plenty of vitamin K plus vitamin A and folate, all for under 5 g net carbs. It is cheese-rich, so pair it with a big salad.

Diet notes: Keto (4.6 g net carbs a serve).

Ingredients 11 · SERVES 8

- [ ] 1 tbsp **extra-virgin olive oil**
- [ ] 1 small **onion** (sweet, white or yellow; about 130 g), diced
- [ ] 113 g **cremini or white mushrooms**, sliced
- [ ] 2 cloves **garlic**, minced
- [ ] 283 g **frozen chopped spinach**, thawed and squeezed dry
- [ ] 170 g crumbled **feta**
- [ ] 227 g shredded **sharp cheddar**
- [ ] 5 large **eggs**
- [ ] 120 ml **milk** (the cook uses 2%)
- [ ] ¼ tsp **salt**
- [ ] ¼ tsp **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C and lightly grease a 23 cm deep pie dish. 1:00
2. Heat the oil in a large frying pan over medium-high heat. Cook the onion and mushrooms 5–7 minutes until softened, then add the garlic for 1 minute. 1:12
3. Turn off the heat and stir in the well-drained spinach. Spoon it into the pie dish, add the cheddar and feta and stir gently so everything is evenly spread. 1:44
4. Whisk the eggs with the milk, salt and pepper and pour it over the spinach mixture. 2:20
5. Bake 40–45 minutes until the eggs are set in the centre. Cool for 10 minutes before slicing. 2:50

> **Tip** Makes 8 slices (the cook's recipe). Squeeze the spinach really dry so the quiche sets firmly. Serve with a green salad. Keeps 4 days in the fridge and reheats well by the slice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
260 kcal	16 g	5.9 g	1.2 g	19 g	520 mg
1,090 kJ	32% of a day	4.6 g net · 3.2 g sugars	4% of a day	11 g saturated	23% of a day
		2% of a day		25% of a day	

Energy from net carbs 7% · protein 25% · fat 68% — fits keto: 4.6 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin K 144% · Vitamin B12 42% · Vitamin A 36% · Selenium 35% · Calcium 30% · Folate 25% · Zinc 20%

Source of (10–19%) Vitamin B6 16% · Vitamin C 13% · Magnesium 11% · Omega-3 11% · Iron 10%

Recipe and video: The Stay At Home Chef (@thestayathomechef) on YouTube — youtube.com/watch?v=bXntiogB8rA, published 16 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crustless-spinach-feta-cheddar-quiche