

Spinach Quiche



338 kcal

Serving 1

15 Mins

Spinach Quiche

★★★★★ (0)

Calories 338 kcal

Protein Serves 2.00

**Carbohydrate 2.2
grams**

**Cholesterol 0
milligrams**

Fat 25 grams

Fiber 0 grams

Protein 25 grams

Ingredients

20 g Baby Spinach (roughly chopped)

30 g Cheddar Cheese

30 g Cream

2 whole Eggs

1 g Garlic (crushed)

10 g Onions (diced)

2 g Salt and Pepper (to season)

Instructions

1. Preheat oven to 180°C (355°F).

2. Fry onion and garlic on a low-medium heat until onion is soft.

3. Whisk eggs and cream together in a bowl.

4. Add cheese, spinach, onion and garlic. Season with salt and pepper. Mix to combine.

5. Pour egg mixture into a greased ramekin dish. Place in oven to for 5-10 minutes or until top is browned.