

Spinach, Bacon and Mushroom Quiche #116492

recipe by evelyn/athens

This is a dish you'll be happy to serve at any meal of the day - be it breakfast, lunch, or a light dinner with soup and/or salad. A delicious combination using ingredients from RSC #6.

6-8 servings

1 hour 10 minutes 20 mins prep

- 1 **pie pastry** (for a 10-inch quiche or tart pan or 9-inch pie plate)
- 1 tablespoon **dry breadcrumbs**
- 1/2 lb **bacon**, cut into 1/2 inch pieces
- 1 medium **onion**, minced
- 2 cups chopped **portabello mushrooms**
- 2 cups chopped **fresh spinach**, packed (very well dried)
- 1/2 teaspoon **ground coriander**
- 1/4 teaspoon **ground nutmeg**
- 2 1/2 cups grated **cheddar cheese** or **swiss cheese**, divided use
- 8 ounces **cream cheese**
- 4 **eggs**
- 3 tablespoons instant non-fat **skim milk powder**, mixed with
- 1 cup **water**

1. Preheat oven to 375°F.
2. Sprinkle bottom of pastry-lined quiche/tart pan or pie plate with 1 tblsp dry breadcrumbs (this will absorb any excess moisture).
3. Place bacon in a large skillet; cook over medium high heat until evenly brown; remove with slotted spoon and drain on paper towelling; set aside.
4. With 2 tblsps of the bacon fat, sauté onion and mushrooms until all the liquid released by the mushrooms has evaporated; add spinach and cook 1-2 minutes, just until spinach wilts; add reserved bacon, coriander and nutmeg and season lightly (remember there will be salt in the cheese); place in pastry and top with 2 cups cheddar cheese.
5. Beat together cream cheese, eggs and milk; season to taste; carefully pour over quiche and gently shake quiche to distribute custard.
6. Bake in preheated oven for 40-50 minutes, or until quiche is golden-brown, sprinkling with 1/2 cup of cheese 10 minutes before quiche is done (put the quiche directly on the oven floor for the last 10-15 minutes of baking to crisp up the crust); cool for 10-15 minutes before serving.

Nutrition Facts

Calculated for **1 serving**

Recipe makes 6-8 servings



Nutrition Facts for some measurements or ingredients are not included in data below:

2 cups portabello mushrooms

We can often fix this, let us know.

Calories 605

Calories from Fat 427 (70%)

Amount Per Serving	%RDA
Total Fat 47.5g	73%
Saturated Fat 23.7g	118%
Polyunsat. Fat 4.7g	
Monounsat. Fat 16.3g	
Cholesterol 242mg	80%
Sodium 801mg	33%
Potassium 327mg	9%
Total Carbohydrate 19.7g	6%
Dietary Fiber 1.8g	7%
Protein 25.2g	50%
Vitamin A 1971mcg	39%
Vitamin B ₆ 0.2mg	9%
Vitamin B ₁₂ 1.2mcg	19%
Vitamin C 4mg	6%
Vitamin E 2mcg	6%
Calcium 434mg	43%
Magnesium 38mg	9%
Iron 2mg	14%

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