

Crustless Spinach & Cheese Quiche

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cheese-quiche-julia-child-recipe>

Ingredients:

- 1 teaspoon olive oil
- 2/3 cup diced onions
- 4 cups baby spinach leaves fresh
- 1 clove garlic minced
- 3 large eggs
- 1/4 teaspoon ground black pepper
- 1 teaspoon Spike Seasoning regular
- 1/2 tablespoon worcestershire sauce
- 1 cup low fat ricotta cheese
- 2 ounces crumbled feta cheese
- 1/4 cup swiss cheese grated
- 1/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 200 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 420 milligrams
9. Sugar: 2 grams

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