

Greek Quiche

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-quiche-recipe>

Ingredients:

- 1 1/4 cups white whole wheat flour
- 1 tablespoon powdered sugar
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup butter cold and cut into small pieces
- 3 tablespoons orange juice
- 3 tablespoons ice water
- 2 tablespoons olive oil
- 1 white onion diced
- 2 cloves garlic minced
- 1/2 cup dried tomatoes sun-
- 7 1/2 ounces artichoke hearts quartered
- 4 cups baby spinach chopped
- 1/2 teaspoon salt
- 5 eggs
- 1 cup milk
- 4 ounces feta cheese crumbled
- fresh parsley chopped, for topping

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 180 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 12 grams
7. SaturatedFat: 11 grams
8. Sodium: 720 milligrams
9. Sugar: 6 grams

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