

# Ham, Cheese and Spinach Quiche

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-swiss-and-spinach-quiche-recipe>

## Ingredients:

- deep dish pie crust thawed
- 1 tablespoon butter or oil
- 5 cups spinach
- 3 eggs
- 3/4 cup whole milk
- 1/4 cup heavy whipping cream
- 1 cup cheddar cheese
- 1 cup ham cut into small cubes
- 1 teaspoon garlic powder
- 1 teaspoon white pepper
- 1 teaspoon salt to taste

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 125 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 820 milligrams
9. Sugar: 1 grams

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