

Spinach, Ham, and Cheddar Quiche

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 1 cup ham cubed cooked thick cut
- 1 cup shredded extra sharp cheddar cheese
- 1 bunch spinach cleaned
- 1/2 cup white onion diced
- 2 garlic cloves minced
- 1 cup milk
- 4 eggs
- salt
- pepper
- 1 1/2 cups all purpose flour
- 1/2 cup cold water
- 1/2 cup softened butter
- 1/2 teaspoon salt

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 340 milligrams
4. Fat: 44 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 24 grams
8. Sodium: 1750 milligrams
9. Sugar: 5 grams

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