

# Just Egg Quiche

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 cup shallot about 3 small, cut into thin strips
- ½ vegan sausage (I used Tofurky), diced vegan, I used Tofurky, diced
- 3 cloves garlic minced
- 2 cups spinach chopped
- 1 pinch fresh nutmeg
- 1/4 teaspoon black salt kala namak
- 1 bottle egg Just, vegan egg
- pie crust either store bought or use this recipe

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams

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