

Spinach, Mushroom and Cottage Cheese Quiche

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-with-cottage-cheese-indian-recipe>

Ingredients:

- 1 unbaked pie crust 9 inch
- 1 tablespoon canola oil
- 1/2 leek sliced thin
- 1 cup button mushrooms sliced thin
- 2 cups spinach cooked, drained, chopped
- 1 cup whole milk
- 3 eggs
- 1/2 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 salt teasp
- 1/2 freshly ground pepper teasp
- 1 pinch nutmeg
- 1/8 cayenne pepper teasp

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 180 milligrams
4. Fat: 46 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 13 grams
8. Sodium: 890 milligrams
9. Sugar: 5 grams

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