

Turkey, Spinach and Swiss Quiche

Yield: 6 min
Total Time: 70 min

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

Ingredients:

- 1/2 package Shady Brook Farms Turkey Breast Tenderloins or approximately 1.4 lbs leftover whole turkey
- 4 tablespoons olive oil
- 1/2 white onion diced
- 1/2 red bell pepper diced
- 2 cloves garlic minced
- 10 ounces frozen spinach thawed and well-drained
- 3 eggs
- 1/2 cup low fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1 cup swiss cheese grated
- 1 pie crust 9-inch, unbaked

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 125 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 9 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Turkey, Spinach and Swiss Quiche above. You can see more 19 turkey swiss quiche recipe Dive into deliciousness! to get more great cooking ideas.