



April 3-Vegetable Quiche Mini Cups

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=884899>

Recipe

Ingredients:

- 20-ounces frozen spinach
- 1 cup shredded cheddar cheese
- $\frac{3}{4}$ cup egg substitute
- $\frac{1}{2}$ cup green peppers, chopped
- $\frac{1}{4}$ cup onions, chopped

Directions:

1. Microwave spinach for 2 $\frac{1}{2}$ minutes on high. Drain the excess liquid.
2. Line a muffin pan with baking cups and spray cups with cooking spray.
3. Combine egg substitute, cheese, peppers, onions and spinach in a bowl; mix well.
4. Divide mixture evenly among the cups. Bake at 350°F for 20 minutes.

Yield 12 servings

Nutrition Facts

Serving Size 1 quiche (66.21g)
Servings Per Container 12

Amount Per Serving

Calories 60 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **6%**

Sugars <1g

Protein 4g **8%**

Vitamin A 110% • Vitamin C 15%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.