

Spinach Quiche

This savory deep-dish pie features herbed feta cheese that melts and mingles in every bite.



Cooking Information:

Serves: 6

Total Time: 1 hour

Ingredients:

- * ½ cup butter
- * 3 cloves garlic, chopped
- * 1 small onion, chopped
- * 1 (10 ounce) package frozen chopped spinach, thawed and drained
- * 1 (4.5 ounce) can mushrooms, drained
- * 1 (6 ounce) package herb and garlic feta, crumbled
- * 1 (2 ounce) package shredded cheddar cheese
- * salt and pepper to taste
- * 1 (9 inch) unbaked deep dish piecrust
- * 4 eggs, beaten
- * 1 cup milk

Magnesium per ingredient*

- 0 mg**
- 0 mg**
- 0 mg**
- 195 mg**
- 11.5 mg**
- 0mg**
- 0 mg**
- 0 mg**
- 0 mg**
- 0 mg**
- 0 mg**

Directions:

1. Preheat oven to 375° F (190° C).
2. In a medium skillet, melt butter over medium heat. Sauté garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and ½ cup cheddar cheese. Season with salt and pepper. Spoon mixture into piecrust.
3. In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining cheddar cheese and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

One serving of this recipe contains approximately 34.5 mg of magnesium* based on the Magnesium Calculator within this site. Visit our Magnesium Calculator to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**