

# Spinach Quiche

**Calories:** 485.3 kcal

**Servings:** 1

**Time:** 15 Mins

## Ingredients

- 20.00 g Baby Spinach (roughly chopped)
- 30.00 g Cheddar Cheese
- 30.00 g Cream
- 2.00 whole Eggs
- 1.00 g Garlic (crushed)
- 10.00 g Onions (diced)
- 2.00 g Salt and Pepper (to season)

## Instructions

1. Preheat oven to 180°C (355°F).
2. Fry onion and garlic on a low-medium heat until onion is soft.
3. Whisk eggs and cream together in a bowl.
4. Add cheese, spinach, onion and garlic. Season with salt and pepper. Mix to combine.
5. Pour egg mixture into a greased ramekin dish. Place in oven to for 5-10 minutes or until top is bro