

Spinach Quiche

Cuisine: Chinese

Food category: Side dishes



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 175 °C

1 Hot air 50 % Termination by time 15:00 mm:ss 160 °C + 90 %

Ingredients - number of portions - 10

Name	Value	Unit
bacon diced	50	g
minced garlic	20	g
onion	100	g
spinach leaves	200	g
mushrooms	200	g
gouda cheese	30	g

Name	Value	Unit
milk 3,5%	60	ml
whipped cream 33%	60	ml
chicken eggs	120	g
cheese powder	20	g
freshly ground black pepper, ground	5	g
salt	3	g

Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

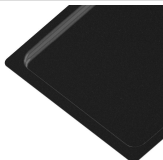
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	93.3 kJ
Carbohydrate	2.3 g
Fat	7.2 g
Protein	4.1 g
Water	0 g

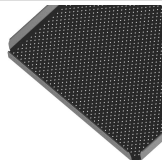
Directions

- ◇ Stir-fry the bacon until the aroma of oil comes out, add minced garlic and onion to saute until fragrant, and fry the rest of the ingredients for color
- ◇ The egg liquid formula is mixed evenly and sieved for later use
- ◇ A 12-inch round mold is used to make the pie crust in advance, make holes in the bottom of the pie crust, and bake the pie crust at medium and low temperature
- ◇ Put the ingredients into the pie crust, then fill in the egg mixture and stir evenly, then sprinkle cheese on the surface
- ◇ Reduce the wind speed to achieve a uniform golden-yellow baked surface, and the corners will not be burnt black

Recommended accessories



Vision Bake



Perforated aluminium sheet, teflon coated