

Table of Contents

- ◆
- Introduction
- Can This Spinach, Sun-Dried Tomato & Feta Crustless Quiche Support Weight Loss Goals?
- Does This Recipe Fit a High-Protein Lifestyle?
- My Personal Experience
- Perfect For
- Why You'll Love This Recipe
- Common Mistakes to Avoid
- Required Equipment
- Storage Instructions
- Recipe Details
- ☐ Ingredients:
- Directions:
- Nutrition Facts (Per Serving - Approximate):
- Notes:

Introduction

Welcome to a vibrant, Mediterranean-inspired dish that brings together wholesome greens and bold flavors without any of the heavy pastry fuss. This crustless quiche combines tender baby spinach, tangy feta cheese, and intensely sweet sun-dried tomatoes suspended in a fluffy, protein-packed egg custard. It is the ultimate solution for busy mornings or light weeknight dinners when you want something satisfying, nutritious, and naturally low in carbohydrates.

Can This Spinach, Sun-Dried Tomato & Feta Crustless Quiche Support Weight Loss Goals?

This recipe can easily support weight loss goals due to its naturally high protein content from whole eggs and feta cheese, which helps promote a feeling of fullness and satiety throughout the day. Because it omits the traditional pastry crust, it keeps overall carbohydrates and calorie density low, making it much easier to maintain a calorie deficit without sacrificing flavor or feeling deprived. Protein also requires more energy for your body to digest—known as the thermic effect of food—which can further assist with your wellness and body composition objectives.

Does This Recipe Fit a High-Protein Lifestyle?

This dish is an exceptional fit for a high-protein lifestyle, packing substantial protein per serving primarily from whole eggs and nutrient-dense cheese. By keeping net carbs remarkably low due to the absence of flour-based crusts, it aligns seamlessly with both low-carb and macro-conscious meal plans. Wholesome additions like nutrient-rich spinach and protein-boosting feta ensure your muscles stay fueled while keeping your daily macronutrient targets firmly on track.

My Personal Experience

- Baking without a crust transformation: I initially worried the quiche wouldn't hold its shape without pastry, but the eggs set into a wonderfully sturdy yet velvety texture that slices cleanly.
- Sun-dried tomato flavor punch: Tossing in chopped sun-dried tomatoes completely elevated the dish, infusing every single bite with pockets of sweet, tangy intensity that standard fresh tomatoes simply cannot match.

Perfect For

- High-protein breakfast: A savory, energizing morning meal that keeps hunger at bay for hours.
- Keto diet plans: Fits effortlessly into low-carb and ketogenic daily nutritional structures.
- High-protein snacks: Excellent for meal-prepped mid-day bites or post-workout fuel.
- Brunch gatherings: A visually stunning centerpiece that satisfies diverse dietary preferences effortlessly.

Why You'll Love This Recipe

- Effortless preparation method: Skipping the traditional pastry dough saves you significant kitchen time and eliminates rolling pin stress entirely.

- **Bold Mediterranean flavor profile:** The combination of salty feta and punchy sun-dried tomatoes makes every bite feel gourmet and exciting.

Common Mistakes to Avoid

- **Not blotting the spinach:** Failing to squeeze excess moisture out of thawed or cooked spinach will release liquid into your pan and make the quiche watery.
- **Overbaking the eggs:** Leaving the quiche in the oven too long turns the delicate custard rubbery rather than light and velvety.
- **Skipping greasing the dish:** Forgetting to thoroughly grease your pie pan will cause the feta and eggs to stick stubbornly to the edges.

Required Equipment

- **9-inch pie dish** — provides the ideal surface area and depth for an even, traditional quiche shape.
- **Mixing bowl** — allows you to whisk the eggs and dairy thoroughly without spilling.
- **Whisk** — incorporates air into the egg mixture for a lighter, fluffier texture.
- **Silicone spatula** — helps fold in fillings evenly and scrapes down bowl edges completely.

Storage Instructions

Store leftover crustless quiche in an airtight container in the refrigerator for up to 3 to 4 days. For longer storage, slice the quiche into individual portions, wrap them tightly in parchment paper and foil, and freeze for up to 2 months while maintaining its high-protein integrity.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Total Time: 50 minutes
- Servings: 6 slices
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 220 kcal *(Note: This is an approximate estimate based on standard ingredients.)*

A delicious, low-carb baked masterpiece featuring fluffy eggs, savory feta, vibrant spinach, and sweet sun-dried tomatoes. Perfect for quick meal prep, cozy weekend brunches, and anyone looking for a satisfying, protein-forward meal. Enjoy warm or chilled straight from the fridge!

□ Ingredients:

- 6 large eggs *(Note: Use room-temperature eggs for quicker, even whisking)*
- 1/2 cup heavy cream *(Note: Can substitute with whole milk for a lighter texture)*
- 2 cups fresh baby spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1/3 cup sun-dried tomatoes (oil-packed), drained and chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

- 1/8 teaspoon black pepper
- 1 tablespoon butter (*For greasing the baking dish*)

Directions:

1. Preheat your oven to 375°F (190°C) and generously grease a 9-inch pie dish with the tablespoon of butter to prevent sticking.
2. In a large mixing bowl, whisk together the 6 large eggs, 1/2 cup heavy cream, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, and 1/8 teaspoon black pepper on medium speed until completely smooth and frothy.
3. Scatter the 2 cups of chopped fresh baby spinach, 1/3 cup of chopped sun-dried tomatoes, and 1/2 cup of crumbled feta cheese evenly across the bottom of the prepared pie dish.
4. Pour the whisked egg mixture gently over the spinach, tomatoes, and cheese, using a spatula to ensure the fillings are well distributed and submerged.
5. Bake in the preheated oven at 375°F (190°C) for 30 to 35 minutes, checking around the 30-minute mark to ensure the edges are golden and the center is fully set with no liquid jiggle.
6. Remove from the oven and let cool for 10 minutes to allow the slices to firm up before cutting and serving.

Nutrition Facts (Per Serving - Approximate):

- Calories: 220 kcal
- Fats: 16g
- Cholesterol: 215mg
- Sodium: 4200mg (*Note: Varies based on feta salt content*)

- Potassium: 180mg
- Total Carbohydrates: 5g
- Fiber: 1g
- Net Carbs: 4g
- Sugars: 3g
- Protein: 12g
- Calcium: 140mg

Notes:

- Storage Tips: Keep covered in the refrigerator for up to 4 days.
- Reheating Instructions: Warm individual slices in the microwave for 30–45 seconds or in a toaster oven at 350°F for 5 minutes.
- Allergy Notes: Contains eggs and dairy; omit feta or use dairy-free alternatives if needed.
- Flavor Boosts: Add a pinch of dried oregano or fresh basil for an extra aromatic Mediterranean kick.