

# IP Crustless Quiche Lorraine with Spinach

Adapted slightly from Instant Pot Obsession



Instant Pot Crustless Quiche Lorraine with Spinach

- 1 teaspoon butter (for coating baking dish)
  - 3 slices bacon, chopped
  - 1 small onion, sliced thin and chopped
  - 1/2 teaspoon kosher salt
  - 1 cup fresh spinach, coarsely chopped
  - 3 large eggs
  - 1/2 cup whole milk
  - 1/2 cup heavy cream
  - 1/8 teaspoon white pepper, or black
  - 1 1/4 cups Emmental cheese, or Gruyere, or other Swiss type
  - 1 cup water, for steaming
- TOPPING:**
- 1/3 cup Emmental cheese, or Gruyere, or other Swiss type

*Per Serving (excluding unknown items): 386 Calories; 31g Fat (71.9% calories from fat); 20g Protein; 7g Carbohydrate; 1g Dietary Fiber; 250mg Cholesterol; 519mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 4

Total time: 40 minutes

Prep time: 15 minutes

Manual pressure cook time: 10 minutes

Natural release for 10 minutes, then quick release

Broil: about 3 minutes, or until golden brown

1. Prepare a 1-quart round baking dish (that fits in the IP) and coat the bottom and sides with the room temp butter.
2. Using the IP saute function render the bacon until it's crispy. Remove and set aside. Add onion and 1/4 tsp salt and cook, stirring often, until the onion is fully translucent and soft. Remove and set aside. Pour out any extra grease from the pot, cool, then clean the pot and replace into the IP.
3. In a large bowl combine the eggs, milk and cream, then add pepper and remaining salt. Add half the cheese to the mixture along with the spinach, bacon and onion, and pour it all into the prepared, buttered baking dish. Add remaining cheese on top. Cover with foil - not tight - but enough so steam won't get into the dish. Install rack in the pot and gently place quiche dish on top of the rack. Add water to the bottom. Use manual pressure for 10 minutes, then let sit for 10 minutes as a natural release, then quick release.
4. Open IP, remove quiche, using the rack handles and set on countertop. Meanwhile, preheat broiler.
5. Add extra cheese to the top of the quiche and place under broiler just long enough to get some nice golden brown color to the top (watch carefully), remove, allow to cool for about 3-5 minutes. Cut in wedges and serve.