

Instant Pot Sausage Spinach Quiche



Course	Appetizer
Cuisine	American
Keyword	parmesan cheese, sausage, Sausage Spinach Quiche, spinach
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	6
Calories	170kcal

Ingredients

- 3 cups spinach chopped
- 1 cup cooked sausage chopped
- 1 cup water
- ½ cup milk
- ¼ cup grated parmesan cheese
- 12 large eggs
- 3 tomatoes peeled and chopped
- 2 onions chopped
- Salt and black pepper to taste

Instructions

1. In a bowl, whisk eggs and milk, salt and pepper.
2. Place chopped onions, tomatoes, sausage and spinach into a quiche mold, then pour the batter.
3. Sprinkle with parmesan cheese.
4. Cover the mold with foil.
5. Pour water into your Instant Pot and correctly place the trivet.
6. Place the mold onto the trivet and cook at high pressure for 20 minutes.
7. Let the steam release naturally, then serve your quiche hot.

Nutrition

Calories: 170kcal