

Spinach and Cheddar Microwave Quiche in a Mug

This quiche takes only five minutes to make, and is a high protein, veggie-packed breakfast to kickstart your day! No more excuses for not eating breakfast.

Prep Time - 2 mins

Cook Time - 3 mins

Total Time - 5 mins

Cuisine: American

Servings: 1 quiche

Calories: 259kcal

Author: [Elizabeth Lindemann](#)



Ingredients

- 1/2 cup chopped frozen spinach thawed and drained (or 1/2 cup packed fresh spinach)
- 1 egg
- 1/3 cup milk
- 1/3 cup shredded cheddar cheese
- 1 slice cooked bacon chopped (optional)
- salt and pepper to taste

Instructions

1. If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.
2. If using frozen spinach, make sure it is completely thawed and drained and add it to the mug. *(If there is too much liquid, the quiche will be runny. I like to put the thawed spinach in a mesh sieve and press firmly with a wooden spoon to do remove as much liquid as possible.)*
3. Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.
4. Cover with a paper towel and microwave on high for 3 minutes *(see note on timing below)*, or until fully cooked.

Notes

- If you have a powerful microwave, you may need less time. If you are unsure, check it at 2 minutes, then again at 2 1/2 minutes. If the eggs seem watery, they need more time. But if they are solid, then you're good to go!
- Sometimes, even a paper towel isn't enough to prevent a microwave mess. If you find that your eggs have a tendency to pop and make a mess, you can dampen the paper towel to weigh it down a bit or even cover it with a small plate.
- The provided nutrition information does not include any added sodium from seasoning to taste, any optional ingredients, and it does not take brands into account. Feel free to calculate it yourself using this [calculator](https://www.verywellfit.com/recipe-nutrition-analyzer-4157076) <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076> or by adding the recipe to [Yummly](https://www.yummly.com/). <https://www.yummly.com/>

Nutrition

Serving: 1 quiche | **Calories:** 259kcal | **Carbohydrates:** 5.4g | **Protein:** 18g | **Fat:** 18.6g | **Saturated Fat:** 10.3g | **Cholesterol:** 210mg | **Sodium:** 346mg | **Fiber:** 0.3g | **Sugar:** 4.3g

<https://www.bowlsofdelicious.com/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/>