Spinach & Gruyère Quiche

5 stars based on 81 votes

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Of all the spinach quiches I’ve tried over the years, this classic French version is my favorite. The recipe comes from my childhood friend Trish, who’s an incredible hostess. When Trish entertains, she goes all out – beautiful table settings, seasonal cocktails, fabulous food, and (best of all) hilarious party games. This quiche is her “go-to” brunch dish. The recipe has been in her family for years, though she admits for all she knows, “it could be Betty Crocker’s.” I had it at her house a while back and absolutely loved it.
I think what makes it so good is combination of heavy cream and Gruyère, which of course makes it insanely rich. There’s also a good bit of spinach, which balances out all that richness and — dare I say — makes it just a little bit good for you.
It’s basically a no-fuss recipe. You get to cheat and use a store bought crust (just be sure to put the whole thing in a pretty pie pan before you serve it so it’s not quite so obvious) and the spinach comes frozen right out of a box.

To make it, start by pre-baking your crust. You want it fully cooked and lightly golden before you add the filling, otherwise it will end up soggy.
Next, prepare the filling: gently cook your shallots in butter, grate the Gruyère and squeeze as much water as humanly possible out of the spinach. For the custard, whisk together the eggs, heavy cream and seasonings.

Finally, layer the fillings over the crust, pour the custard over top, and bake. Be sure your oven isn’t too hot; quiches are always cooked gently at 325 degrees to prevent the eggs from scrambling.
The result is a delicately flavored, silky-smooth custard that simply melts in your mouth.

For company, you’d serve this for brunch or lunch but it also makes a delicious and easy weeknight dinner. Enjoy…and a big thanks to Trish for sharing her family recipe.

Spinach & Gruyère Quiche

By Jennifer Segal
Servings: 4-6
Total Time: 1 Hour 30 Minutes

Ingredients

- 1 9-inch deep dish frozen pie crust
• 1 tablespoon butter
• 1/2 cup thinly sliced shallots
• 4 large eggs
• 1-1/4 cups heavy cream
• Pinch ground nutmeg
• 3/4 teaspoon salt
• 1/8 teaspoon cayenne pepper
• 1 cup grated Gruyère
• 1 10-ounce package frozen chopped spinach, defrosted and wrung free of water

Instructions

1. Preheat oven to 400 degrees. Remove pie crust from freezer and thaw until just soft enough to easily prick with a fork, about 10 minutes. Prick bottom and sides all over with a fork. Bake on center rack until fully cooked and lightly golden, between 10-15 minutes depending on the brand. (Keep an eye on it...if it puffs up while cooking, gently prick it with a fork so it will deflate.) Set aside and turn oven down to 325 degrees.


3. In a medium bowl, whisk together eggs, heavy cream, nutmeg, salt and cayenne pepper.

4. Place cooked pie shell on a baking sheet (this makes it easy to move in and out of oven). Spread shallots over bottom of cooked crust, then sprinkle grated Gruyere over top. Scatter spinach evenly over cheese (breaking up clumps as best you can), then pour egg mixture over top.

5. Bake at 325 degrees for 50-55 minutes until custard is set and top is lightly golden. Serve hot or warm.

6. Note: I usually defrost the frozen spinach quickly by placing it in a fine mesh strainer and running hot water over it. I then gather the spinach into a ball and squeeze it dry. It takes a few minutes of squeezing and re-squeezing to get all the water out. Be patient...you need the spinach completely dry, otherwise your quiche will be watery.

Nutrition Information

Per serving (6 servings)
- Calories: 517
- Fat: 40g
- Saturated fat: 22g
- Carbohydrates: 25g
- Sugar: 2g
- Fiber: 2g
- Protein: 15g
- Sodium: 626mg
- Cholesterol: 221mg

Reviews & Comments
• 5 stars

This quiche is absolutely wonderful.

- Barbara on November 19, 2016 Reply

• Can you freeze it

- Sherry Calder on November 14, 2016 Reply
  ○ Sure!

- Jenn on November 14, 2016 Reply

• 5 stars

This is, without a doubt, the best quiche I’ve ever had. I made two at once, gave the second to my mother in law, and she said exactly the same.

- Octavia Biddle on November 2, 2016 Reply

• This looks amazing but I am put off a little with the amount of heavy cream. Is there a way to lighten it a bit? Could I use whole milk or half and half instead? I’m fine with a slightly less creamy custard but don’t want to significantly alter the results as your recipes have been uniformly wonderful. Thanks!

- Elizabeth on October 19, 2016 Reply
  ○ Hi Elizabeth, I think it’d be absolutely fine to use half and half. It won’t be quite as rich, but still delicious. :) 

- Jenn on October 19, 2016 Reply
  ○ 5 stars

I used half and half and it was absolutely delicious that way.

- Marla on October 19, 2016 Reply

• 5 stars

I just made this quiche and must say it is the most delicious recipe I have ever made.

- Heide on October 16, 2016 Reply

• 5 stars

This is the best quiche I ever put in my mouth! Have made it twice already! ABSOLUTELY THE BEST EVER

- Nancy Robinson on October 15, 2016 Reply

• Can’t wait to try this for the Grands. They don’t like spinach so thought I’d sub broccoli. How much should I use? Thanks!
- Cindy on October 14, 2016  
  Similar to the spinach, I’d use a 10 oz. package of frozen chopped broccoli. Just make sure to defrost the broccoli and squeeze it dry. Hope your grandkids enjoy!

- Jenn on October 14, 2016  
- 5 stars

I found this recipe looking for something to serve for my book club when we were discussing a novel set in France. I’ve made it twice now, and I can’t get over how such simple ingredients yield such a delicious result. Every time I sit down with a piece, I turn off the electronics that are usually all around and really savor it, thinking, “This is the most perfect food in the whole world!” Heavenly!

- Karey on October 13, 2016  
- 5 stars

My husband is on a blood thinner and cannot have spinach or broccoli?

Would cauliflower and mushrooms work well?

Any other suggestions would be appreciated.

Thank you. I have enjoyed all of your recipes. Keep them coming :) 

- Anna B. on October 13, 2016  
  Hi Anna, Yes, cauliflower and mushrooms would work here. I would slice the mushrooms and chop the cauliflower into small pieces and saute them a bit first so they’re tender.

- Jenn on October 13, 2016  
- 5 stars

The best ever!!!

- Susan Snyder on October 2, 2016  

I am interested in making this for break fast. I am not a fan of shallots or onions. Can I omit or is it necessary? also, how many ounces of gryure cheese equal one cup? lastly, can I bake the night before and just reheat for next day

Thanks Cyn

- Cynthia Taffet on September 25, 2016  
  Hi Cynthia, the shallots add a nice flavor, but you can omit them if you prefer. 4 ounces of Gruyere is the equivalent of 1 cup and, yes, you can bake the night prior and reheat the quiche when you’re ready to serve. Hope you enjoy!

- Jenn on September 25, 2016  
- 5 stars