
Low-Glycemic Spinach and Cheddar Egg Bake

A protein-packed, grain-free breakfast bake that keeps blood sugar stable all morning. Perfect for meal prep with just 3g net carbs per serving.

Prep: 15 min

Cook: 45 min

Total: 60 min

Servings: 6

GL 0.7 / GI 29

Ingredients

Squeeze out excess moisture thoroughly frozen chopped spinach, thawed

large eggs

garlic cloves, minced or grated

half and half

Dijon mustard

Optional but adds depth smoked paprika

salt

ground black pepper

Just a pinch ground nutmeg

sharp cheddar cheese, shredded

Instructions

Step 1

Position your oven rack in the center and preheat to 350°F (175°C). Generously coat a deep-dish pie plate or 9-inch round baking dish with cooking spray or butter to prevent sticking.

Step 2

Place the thawed spinach in a clean kitchen towel or several layers of paper towels. Twist and squeeze firmly to remove as much liquid as possible—this step is crucial to prevent a watery bake. Spread the squeezed spinach evenly across the bottom of your prepared baking dish.

Step 3

Crack the eggs into a large mixing bowl and whisk vigorously until the yolks and whites are completely combined and slightly frothy. Add the minced garlic and half-and-half, whisking until fully incorporated.

Step 4

Add the Dijon mustard, smoked paprika (if using), salt, black pepper, and nutmeg to the egg mixture. Whisk thoroughly for 30-45 seconds until all spices are evenly distributed and no mustard clumps remain. The mixture should be smooth and uniform in color.

Step 5

Pour the seasoned egg mixture slowly over the spinach layer, allowing it to settle and distribute evenly. Gently shake the dish side to side if needed to ensure even coverage. Sprinkle the shredded cheddar cheese uniformly over the top.

Step 6

Carefully transfer the dish to the preheated oven, taking care not to spill. Bake for 40-45 minutes until the center is completely set and no longer jiggles when gently shaken, and the edges are lightly golden.

Step 7

Remove from the oven and allow to rest for at least 10 minutes before slicing—this resting period helps the bake firm up for cleaner cuts. Slice into 6 wedges and serve warm. Store leftovers covered in the refrigerator for up to 5 days; reheat individual portions in the microwave for 60-90 seconds.