



Cheesy Crustless Quiche

 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cups milk
- ☐ 1 cup curd cottage cheese
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon dijon mustard
- ☐ 5 eggs

- ☐ 4 ounces cream cheese softened
- ☐ 6 ounces swiss cheese shredded
- ☐ 3 Tbsp parmesan cheese grated
- ☐ 0.3 cup green onions chopped
- ☐ 3 slices bacon crumbled cooked
- ☐ 6 cherry tomatoes cut in half

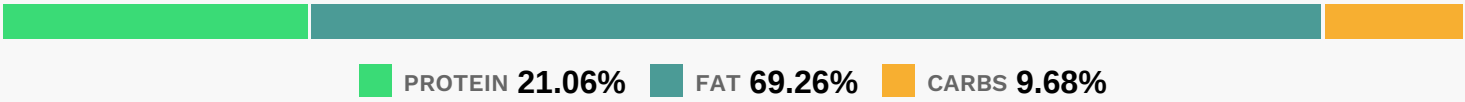
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Make a roux: Melt the butter in a medium saucepan on medium heat. Stir in flour; cook, stirring until bubbly.
- ☐ Gradually add the milk; cook over medium heat, stirring occasionally, until sauce thickens.
- ☐ Remove from the heat; set aside to cool, about 15–20 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Combine cottage cheese, baking powder, salt and mustard; set aside.
- ☐ Make the filling: Beat the eggs in a large mixing bowl. Slowly add the cream cheese, the cottage cheese mixture and the milk/flour sauce.
- ☐ Stir in the Swiss and Parmesan cheeses.
- ☐ Pour into a buttered 10" pie plate.
- ☐ Sprinkle the top with chopped green onions and crumbled bacon. Arrange tomato halves, cut side up, around the top.
- ☐ Bake at 350°F for 40 minutes, until puffy and lightly browned. A knife inserted into the center of the quiche should come out clean.
- ☐ Let rest for 15 minutes, serve.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.21, Inflammation Score:-5, Nutrition Score:10.521739177082%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 302.58kcal (15.13%), Fat: 23.34g (35.91%), Saturated Fat: 12.78g (79.86%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 7.05g (2.56%), Sugar: 2.85g (3.16%), Cholesterol: 163.45mg (54.48%), Sodium: 520.36mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Selenium: 22.8µg (32.58%), Calcium: 306.13mg (30.61%), Phosphorus: 296.49mg (29.65%), Vitamin B12: 1.22µg (20.41%), Vitamin B2: 0.34mg (19.86%), Vitamin A: 877.48IU (17.55%), Zinc: 1.79mg (11.95%), Vitamin B5: 0.91mg (9.09%), Vitamin K: 8.12µg (7.73%), Folate: 30.42µg (7.6%), Vitamin B6: 0.13mg (6.36%), Vitamin B1: 0.09mg (6.11%), Vitamin D: 0.85µg (5.66%), Vitamin E: 0.85mg (5.66%), Potassium: 194.64mg (5.56%), Magnesium: 21.02mg (5.25%), Iron: 0.93mg (5.16%), Vitamin C: 3.5mg (4.24%), Vitamin B3: 0.73mg (3.66%), Copper: 0.06mg (3.11%), Manganese: 0.06mg (3.04%), Fiber: 0.29g (1.16%)