



Crustless Quiche by Pam

 Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 eggs beaten
- 0.5 teaspoon garlic powder
- 0.5 cup bell pepper green minced
- 10 servings salt and ground pepper black to taste
- 1 pound sausage meat
- 0.5 cup onion minced
- 0.3 teaspoon pepper sauce hot tabasco® (such as)
- 1.5 cups sharp cheddar cheese shredded

- 16 ounce cup heavy whipping cream sour
- 1 cup swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 7x11-inch baking dish.
- Heat a large skillet over medium-high heat and stir in ground sausage. Cook and stir until sausage is crumbly and evenly browned, 5 to 10 minutes.
- Remove sausage from skillet and drain all but 2 tablespoons of drippings.
- Cook and stir onion and bell pepper in the reserved drippings until softened, 5 to 10 minutes.
- Mix sausage, onion, bell pepper, sour cream, Cheddar cheese, Swiss cheese, garlic powder, hot pepper sauce, salt, and black pepper together in a bowl; mix in beaten eggs until incorporated.
- Pour mixture into the prepared baking dish.
- Bake in the preheated oven until edges are golden brown and center is set, 50 to 55 minutes. Allow to cool 10 minutes before serving.

Nutrition Facts

 PROTEIN 18.62%  FAT 76.98%  CARBS 4.4%

Properties

Glycemic Index:15.6, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:10.433912899183%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 369.92kcal (18.5%), Fat: 31.64g (48.68%), Saturated Fat: 14.35g (89.7%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.19g (2.43%), Cholesterol: 151.89mg (50.63%), Sodium: 461.67mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Calcium: 278.86mg (27.89%), Phosphorus: 274.78mg (27.48%), Selenium: 15.21µg (21.73%), Vitamin B2: 0.32mg (19.07%), Vitamin B12: 1.14µg (19.05%), Zinc: 2.48mg (16.56%), Vitamin A: 699.56IU (13.99%), Vitamin B6: 0.24mg (11.79%), Vitamin B3: 2.25mg (11.26%), Vitamin B1: 0.16mg (10.38%), Vitamin C: 7.38mg (8.95%), Vitamin B5: 0.86mg (8.63%), Vitamin D: 1.04µg (6.96%), Potassium: 242.18mg (6.92%), Magnesium: 22.98mg (5.74%), Iron: 0.95mg (5.25%), Folate: 18.34µg (4.58%), Vitamin E: 0.67mg (4.44%), Copper: 0.07mg (3.58%), Manganese: 0.05mg (2.4%), Vitamin K: 2.22µg (2.12%), Fiber: 0.3g (1.21%)