



Ham and Cheese Breakfast Quiche

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 cup butter melted
- 1 cup ham diced cooked
- 2 eggs
- 24 ounce hash brown potatoes frozen
- 0.5 cup heavy whipping cream
- 1 cup monterrey jack cheese shredded

Equipment

- bowl

- frying pan
- oven
- pie form

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Squeeze any excess moisture from the potatoes and combine them with the melted butter or margarine in a small bowl. Press this mixture into the bottom and sides of an ungreased 10 inch pie pan.
- Bake at 425 degrees F (220 degrees C) for 25 minutes.
- Remove pan from oven and arrange the ham and cheese evenly over the potatoes. In a separate small bowl, beat together the eggs and the cream.
- Pour this over the ham and cheese.
- Return pan to oven and bake for 425 degrees F (220 degrees C) for 30 minutes, or until the custard has completely set.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:8.4369566129602%

Nutrients (% of daily need)

Calories: 362.42kcal (18.12%), Fat: 25.87g (39.8%), Saturated Fat: 15.28g (95.53%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 19.65g (7.15%), Sugar: 1.07g (1.19%), Cholesterol: 131.03mg (43.68%), Sodium: 492.9mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Phosphorus: 180.49mg (18.05%), Calcium: 176.17mg (17.62%), Vitamin A: 830.73IU (16.61%), Selenium: 8.29µg (11.85%), Vitamin B2: 0.2mg (11.64%), Vitamin C: 9.42mg (11.42%), Potassium: 380.55mg (10.87%), Vitamin B3: 1.93mg (9.67%), Iron: 1.65mg (9.16%), Manganese: 0.17mg (8.6%), Vitamin B1: 0.12mg (8.22%), Vitamin B6: 0.15mg (7.29%), Zinc: 1.05mg (7.01%), Vitamin B5: 0.7mg (6.95%), Copper: 0.13mg (6.55%), Fiber: 1.59g (6.35%), Vitamin B12: 0.34µg (5.67%), Magnesium: 20.96mg (5.24%), Vitamin D: 0.72µg (4.82%), Vitamin E: 0.68mg (4.52%), Folate: 15.99µg (4%), Vitamin K: 2.03µg (1.94%)