

# Asparagus and Swiss Phyllo Quiche

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-philo-dough-recipe-indy-star>

## Ingredients:

- 1/2 pound asparagus thin trimmed, cut into 2 inch pieces
- 4 large eggs
- 3/4 cup milk I use whole milk
- 1/4 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 8 sheets phyllo dough 9x14
- 1 1/2 tablespoons olive oil
- 4 ounces shredded swiss cheese
- 3 tablespoons sliced green onion

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 120 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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