

Asparagus Quiche

Yield: 40 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-quiche-swiss-cheese-recipe>

Ingredients:

- 1 pound fresh asparagus trimmed and cut into 1/2 inch pieces
- 10 slices bacon
- 2 unbaked pie shells 8 inch
- 1 egg white lightly beaten
- 4 eggs
- 1 1/2 cups cream half-and-half
- 1/4 teaspoon ground nutmeg
- salt
- pepper
- 2 cups shredded swiss cheese

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 150 milligrams

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