

Broccoli Quiche

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- broccoli Nancy's, Quiche
- 1 cup flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 1/2 cups milk
- 2 beaten eggs
- 1/2 onion chopped fine
- 1/2 shredded cheese # sharp
- 2 1/2 cups broccoli chopped cooked, or 1-10 oz chopped spinach, drained

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 7 grams
8. Sodium: 1000 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Broccoli Quiche above. You can see more 15 quiche recipe broccoli swiss Unleash your inner chef! to get more great cooking ideas.