

# Perfect Breakfast Quiche

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-holiday-breakfast-quiche-recipe>

## Ingredients:

- 5 eggs
- 1/2 cup milk
- 1/2 cup heavy cream
- 1/4 teaspoon minced garlic
- 1/2 teaspoon salt
- 1 pinch pepper
- 1 1/2 cups fresh spinach
- 1 1/3 cups shredded cheese we used a mix of sharp cheddar and Monterrey Jack
- 8 slices cooked bacon roughly chopped

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 375 milligrams
4. Fat: 40 grams
5. Protein: 26 grams
6. SaturatedFat: 21 grams
7. Sodium: 1020 milligrams
8. Sugar: 3 grams

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