

Broccoli Cheese Quiche

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 pie crust homemade, unbaked
- 4 slices bacon good quality
- 1 tablespoon olive oil
- 1 head broccoli fresh, roughly chopped, about 3 cups*
- 3 green onions chopped
- 1 teaspoon minced garlic
- 4 large eggs
- 1 cup whole milk
- 1/3 cup grated Parmesan cheese
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese
- salt
- pepper

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 270 milligrams
4. Fat: 51 grams
5. Fiber: 7 grams
6. Protein: 30 grams
7. SaturatedFat: 18 grams
8. Sodium: 1160 milligrams
9. Sugar: 7 grams

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