

Crustless Quiche with Ham, Asparagus, and Gruyere

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 leek thinly sliced, white and light green parts only
- 1/2 pound asparagus cut into 1-inch pieces
- 6 ounces ham cubed, about 1 cup
- 4 large eggs
- 1 1/2 cups heavy cream
- 1/4 teaspoon salt
- ground black pepper fresh, to taste
- 3 ounces Gruyere cheese shredded, about 1 cup

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 415 milligrams
4. Fat: 62 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 34 grams
8. Sodium: 910 milligrams
9. Sugar: 3 grams

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