

MEXICAN STYLE CRUSTLESS QUICHE

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/crustless-mexican-quiche-recipe>

Ingredients:

- 1 red bell pepper Large, Diced
- 4 green onions Scallions Diced
- 12 large eggs
- 1/4 cup all purpose flour
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pint cottage cheese
- 1 pound Mexican style cheese Blend

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 385 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 14 grams
8. Sodium: 1250 milligrams
9. Sugar: 6 grams

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