

# Crustless Quiche (Keto Quiche)

Yield: 2 min  
Total Time: 20 min

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

## Ingredients:

- 4 eggs
- 5 3/8 tablespoons heavy whipping cream
- 3/4 cup cheddar cheese
- 3 1/2 ounces chicken breast Cooked and Chopped, you can use any shredded chicken really
- 5 15/16 tablespoons sun dried tomatoes
- 1 2/3 tablespoons chives Chopped
- 1 tablespoon butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 565 milligrams
4. Fat: 46 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 25 grams
8. Sodium: 1010 milligrams
9. Sugar: 5 grams

---

Thank you for visiting our website. Hope you enjoy Crustless Quiche (Keto Quiche) above. You can see more 15+ easy crustless quiche recipes They're simply irresistible! to get more great cooking ideas.