

Ham and Swiss Quiche

Yield: 7 min
Total Time: 70 min

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

Ingredients:

- 1 pie crust partially baked, see our How to Blind Bake A Pie Crust
- 1/2 cup onion chopped
- 1 tablespoon unsalted butter
- 1/2 pound deli ham sliced
- 6 ounces swiss cheese either sliced deli or block cheese, shredded
- 4 eggs
- 2 cups light cream
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 pinch cayenne pepper
- 1 tablespoon chives chopped

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 210 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 18 grams
8. Sodium: 860 milligrams
9. Sugar: 1 grams

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