

Secret Ingredient Ham & Swiss Quiche

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 pie shell 9 inch deep dish frozen, or refrigerated
- 6 large eggs
- 1 cup heavy cream
- 2 tablespoons mayonnaise real
- 1/2 teaspoon mustard powder dried
- Worcestershire sauce splash
- 1/2 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1 pinch red pepper flakes
- 1 1/2 cups diced ham
- 2 cups shredded swiss cheese
- 1/4 cup chopped green onion

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 515 milligrams
4. Fat: 77 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 36 grams
8. Sodium: 1990 milligrams
9. Sugar: 2 grams

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