

# Broccoli Cheese Quiche - Low Carb

Yield: 9 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/gluten-free-thanksgiving-breakfast-recipe>

## Ingredients:

- 12 ounces broccoli chopped
- 7 eggs
- 1/2 cup heavy cream
- 2 tablespoons almond flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground mustard
- 1 1/3 cups sharp cheddar cheese
- 1/2 cup red onions chopped

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 205 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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