

Ham and Cheese Quiche

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/basic-quiche-by-shelly-recipes>

Ingredients:

- 1 frozen pie shell
- 4 large eggs
- 3/4 cup whole milk
- 1/4 cup heavy cream
- 1/2 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 5 ounces ham
- 2 ounces shredded cheddar cheese 2 oz. is about 1/2 cup
- 2 ounces shredded swiss cheese 2 oz. is about 1/2 cup

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 145 milligrams
4. Fat: 12 grams
5. Protein: 11 grams
6. SaturatedFat: 7 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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