

Ham Bacon and Broccoli Quiche

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 pie crust pre-made, or my recipe minus the vanilla
- 2 tablespoons unsalted butter
- 1/2 yellow onion chopped
- 1 head broccoli chopped
- 2/3 cup ham thick cut, cubed
- 4 large eggs
- 3/4 cup heavy whipping cream or half & half
- 1/4 cup sour cream
- 2 teaspoons cornstarch
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon paprika
- 1 pinch nutmeg
- 3 slices cooked bacon crumbled
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 175 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 15 grams
8. Sodium: 910 milligrams
9. Sugar: 2 grams

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