

# Gluten Free Broccoli Quiche Lorraine Bites

Yield: 12 min  
Total Time: 45 min

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

## Ingredients:

- 1 russet potato medium-sized
- 5 sprouts Organic Cage Free Eggs
- 3/4 cup swiss cheese
- 1/3 cup ham diced
- 1/2 cup broccoli florets Sprouts, chopped finely
- 3 tablespoons milk
- 3/4 teaspoon kosher salt
- 1/2 teaspoon Creole seasoning salt-free
- 1/4 teaspoon black pepper

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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