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Mushroom Swiss Quiche

Yield: 8 min Total Time: 65 min

Recipe from: https://www.recipeschoose.com/recipes/mushroom-swiss-quiche-recipe-premade-crust

Ingredients:

- 2 pie shells frozen Deep Dish, baked according to package directions
- 1 tablespoon unsalted butter
- 1/4 cup shallots diced
- 1 pound sliced mushrooms
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried thyme or 1 tsp. fresh thyme
- 3 tablespoons cooking sherry
- 8 large eggs
- 2 cups 2% milk
- 1 tablespoon all purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh ground black pepper
- 1 teaspoon Dijon mustard
- 2 cups shredded swiss cheese
- 1/4 cup grated Parmesan cheese

Nutrition:

- 1. Calories: 520 calories
- 2. Carbohydrate: 32 grams
- 3. Cholesterol: 250 milligrams
- 4. Fat: 34 grams
- 5. Fiber: 2 grams
- 6. Protein: 23 grams
- 7. SaturatedFat: 13 grams
- 8. Sodium: 810 milligrams
- 9. Sugar: 5 grams

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