

Easy Quiche

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-vegetables-for-thanksgiving-dinner-dinner>

Ingredients:

- 1 pie crust Everyday, or gluten free crust of choice
- 6 eggs For higher protein/lower fat, use 4 eggs + 5 egg whites
- 1/2 cup milk
- 1 cup shredded cheese mozzarella, cheddar, etc
- 1/4 cup grated Parmesan
- 1/4 teaspoon salt
- freshly ground pepper to taste
- 2 cups vegetables spinach, sauteed mushrooms, diced and seeded tomato, sauteed onion and/or garlic, steamed broccoli, etc
- 1 cup cooked meat chopped, optional, ham, bacon, sausage, etc

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 355 milligrams
4. Fat: 38 grams
5. Fiber: 6 grams
6. Protein: 27 grams
7. SaturatedFat: 14 grams
8. Sodium: 860 milligrams
9. Sugar: 3 grams

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