

Ham and Swiss Cheese Quiche

Yield: 6 min
Total Time: 85 min

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

Ingredients:

- 1 pie shell 9-inch, unbaked
- 6 ounces Swiss cheese shredded
- 6 ounces ham , diced
- 4 tablespoons green onions finely chopped, optional
- 3 large eggs
- 1 cup heavy cream
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper freshly ground
- 1 dash cayenne pepper
- 1/2 teaspoon dry mustard

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 215 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 21 grams
8. Sodium: 870 milligrams
9. Sugar: 2 grams

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