

Crustless Quiche

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/searching-for-italy-zucchini-recipe>

Ingredients:

- 1 cup cooked ham diced
- 1 cup zucchini shredded
- 1 cup cheddar cheese shredded
- 8 large eggs
- 1/2 cup heavy cream
- 1/2 teaspoon dry mustard
- salt
- pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 345 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 12 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams

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