

Mini Quiche 4 Ways

Yield: 48 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-mini-quiche-recipes>

Ingredients:

- 30 ounces refrigerated pie crusts
- 4 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 3 ounces swiss cheese grated
- 3 slices bacon fried and crumbled
- 2 tablespoons green onion sliced
- 3 ounces swiss cheese grated
- 1/4 cup ham cubed
- 3 ounces swiss cheese grated
- 4 cups spinach wilted, see notes
- 1 tablespoon red bell pepper cubed
- 2 tablespoons mushrooms finely chopped
- 3 ounces swiss cheese grated

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 150 milligrams

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