

Swiss Chard and Goat Cheese Custard Bake

Yield: 7 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-goat-cheese-quiche-recipe>

Ingredients:

- 12 ounces Swiss chard leaves, chopped
- 1 tablespoon olive oil
- 1 onion large, chopped
- 6 ounces goat cheese Use the soft goat cheese that comes in a log
- 1/2 cup milk I used 2% but lower fat would also work
- 8 eggs
- black ground pepper
- salt
- 1/4 cup mozzarella cheese grated, or other low-fat mild cheese
- 2 tablespoons grated Parmesan cheese preferably freshly grated

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 275 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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