

Asparagus and Ham Quiche

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 10 inches pie crust unbaked
- 3/4 cup asparagus chopped
- 1/2 cup ham chopped
- 1/2 cup onion finely diced
- 1 cup swiss cheese
- 1 cup cheddar cheese
- 4 eggs beaten
- 1 1/2 cups light cream
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 pinch nutmeg

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 340 milligrams
4. Fat: 47 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 25 grams
8. Sodium: 1090 milligrams
9. Sugar: 2 grams

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