

Karina's Crustless Quiche with Roasted Vegetables

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-quiche-recipe-indian>

Ingredients:

- olive oil Light, as needed
- 2 cups veggies roasted, : broccoli, cauliflower, sweet potatoes, onions
- 1 cup sharp cheddar cheese or shredded Swiss, Jarlsberg
- 4 eggs large organic free-range
- 2/3 cup light cream
- 1 dash nutmeg
- 1 1/2 tablespoons fresh parsley chopped, if desired
- 1 1/2 tablespoons Parmesan shredded, for the top

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 215 milligrams
4. Fat: 22 grams
5. Protein: 13 grams
6. SaturatedFat: 11 grams
7. Sodium: 240 milligrams
8. Sugar: 2 grams

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