

# HUNGER KNOW MORE

Healthy Body. Healthy Mind. Healthy Spirit.

## Crustless Broccoli Bacon Cheddar Quiche

### Ingredients

2 cups Broccoli Florets  
1 cup Shredded Cheddar Cheese  
3 Tbsp Real Crumbled Bacon  
2/3 cup Almond Milk  
1/4 cup Heavy Whipping Cream  
5 Large Eggs  
1 tsp Kosher Salt  
1 tsp Black Pepper  
1/2 tsp Nutmeg

Makes 8 servings

### Directions

Preheat oven to 350° Spray a pie pan with coconut oil or olive oil spray.

Steam the broccoli in the microwave with 1 tablespoon of water to tender crisp but not overcooked. About 2 minutes,

Spread the broccoli in the and top it with the bacon and the cheddar cheese.

Whisk the wet ingredients and spices together in a medium bowl. and pour the egg mixture into the pie pan.

Bake for 35-40 minutes until the center is set.

Cut the quiche into 8 pieces and serve.

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
<b>calories</b>	159
% Daily Value *	
<b>Total Fat</b>	12 g 19 %
<b>Saturated Fat</b>	6 g 30 %
<b>Monounsaturated Fat</b>	3 g
<b>Polyunsaturated Fat</b>	1 g
<b>Trans Fat</b>	0 g
<b>Cholesterol</b>	147 mg 49 %
<b>Sodium</b>	348 mg 15 %
<b>Potassium</b>	130 mg 4 %
<b>Total Carbohydrate</b>	2 g 1 %
<b>Dietary Fiber</b>	1 g 2 %
<b>Sugars</b>	1 g
<b>Protein</b>	10 g 19 %
<b>Vitamin A</b>	10 %
<b>Vitamin C</b>	13 %
<b>Calcium</b>	18 %
<b>Iron</b>	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	