

# Crustless Keto Breakfast Quiche

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving, 3 quiches):** Total carbs: 3.8 g, Fiber: 0.8 g, **Net carbs: 3 g,**

Protein: 19.4 g, Fat: 33.9 g, Calories: 402 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes 4 servings/ 12 mini quiches)

- 2 tbsp healthy cooking fat (30 g/ 1.1 oz) - I used [ghee](#)
- 1 1/4 cups chopped broccoli (114 g/ 4 oz)
- 2 tbsp freshly chopped parsley
- 6 large eggs
- 1/2 cup grated Parmesan cheese *or* other Italian hard cheese (45 g/ 1.6 oz)
- 1/2 tsp salt (I like [pink Himalayan](#))
- 1/4 tsp black pepper
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1/2 cup grated Swiss cheese (60 g/ 2.1 oz) - I used [Gruyere](#)

*Optional:* serve with avocado and [Sriracha](#) sauce (I used [homemade Sriracha](#))

## Instructions

1. Preheat the oven to 175 °C/ 350 °F. Chop the broccoli and grate the cheese.
2. Whisk the eggs with Parmesan, salt, pepper and cream.
3. Coat a 12-cup muffin tin with ghee. Scatter broccoli and parsley over the bottom of each cup.
4. Evenly distribute the egg mixture ... .. into each cup of the muffin tray (I used a 1/2 measuring cup).
5. Top each with some grated Swiss cheese.
6. Place in the oven and bake until the quiches are browned and puffed on top, for 20-30 minutes, rotating the tray half way through (I baked mine for 20 minutes).
7. Remove from the oven and place on a cooling rack to let them cool for a few minutes. Eat immediately, or store in the fridge for up to 5 days.

## Giveaway!

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