

# Festive Keto Goat Cheese & Kale Quiche

Hands-on 20 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 8.4 g, Fiber: 4.6 g, **Net carbs: 3.8 g,**

Protein: 9.1 g, Fat: 21.7 g, Calories: 252 kcal,

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



## Ingredients (makes 8 servings)

### Crust:

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/3 cup [flax meal](#) (50 g/ 1.8 oz)
- 1 tbsp [psyllium husk powder](#) (8 g/ 0.3 oz)
- pinch of sea salt *or* [pink Himalayan salt](#)
- 1/4 cup butter, [ghee](#) *or* [virgin coconut oil](#) (56 g/ 2 oz)
- 2 - 4 tbsp water (30 - 60 ml)

### Filling:

- 1 red bell pepper (100 g/ 3.5 oz)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- 1 small brown onion (80 g/ 2.8 oz)
- 2 cloves of garlic, minced
- 100 g of chopped kale, stalks removed (3.5 oz)
- 1/2 cup of cherry tomatoes (80 g/ 2.8 oz)
- 60 g soft goats cheese (2.1 oz)
- 4 large eggs
- 3 tbsp [Marinara Sauce](#) *or* [Red Pesto](#) (45 g/ 1.6 oz)
- good pinch of sea salt *or* [pink Himalayan salt](#)
- 1/4 tsp cracked black pepper

### To serve:

- fresh basil leaves and/or watercress

## Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted). Make the [savoury pie crust as per this recipe here](#).
- Blitz the kale in a [high speed food processor](#) until fine. Option to simply chop fine if you prefer.
- Peel and finely dice the onion. Heat 1 tablespoon of olive oil in a

pan. Add the onion and gently fry on a medium/ low heat for about 2 minutes until soft.

- Peel and finely chop the garlic. Add the kale and garlic to the onion and sauté for a further 1 - 2 minutes on the same heat until wilted. Remove from the heat.
- Add 2 tablespoons of the marinara or red pesto sauce to the bottom of the quiche crust and spread evenly across the bottom.
- Add the kale, onion and garlic mix and spread to the edges. Half the cherry tomatoes and place on top of the kale mix, along with the soft goats cheese.
- Crack open the eggs in a cup and whisk with a fork. Add a good pinch of salt and pepper. Add to the quiche base and top with little dollops of the remaining 1 tablespoon of marinara or red pesto sauce.
- Bake in the oven for 20 - 25 minutes until the eggs have set.
- Remove from the oven, allow to cool slightly and top with fresh basil leaves, cracked black pepper and optional baby watercress. Store in the fridge for up to 4 days.

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