

# Keto Spinach & Feta Crustless Quiche

Hands-on 10 minutes Overall 55 minutes

**Nutritional values (per serving, slice):** Total carbs: 3.7 g, Fiber: 1 g, **Net carbs: 2.7 g,**

Protein: 9.4 g, Fat: 20.2 g, Calories: 234 kcal,

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



## Ingredients (makes 8 servings)

- 1 tbsp butter (14 g/ 0.5 oz)
- 4 large eggs
- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 2/3 cup crumbled feta cheese (100 g/ 3.5 oz)
- 1/4 cup finely grated Parmesan or any Italian style hard cheese (23 g/ 0.8 oz)
- 1 packet of frozen spinach, thawed and drained (250 g/ 8.8 oz)
- 1/2 cup grated mozzarella (57 g/ 2 oz)
- pinch of sea salt and ground pepper
- 1 tsp onion powder
- 1/2 tsp garlic powder

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## Instructions

1. Grease a 20 cm/ 8" baking dish with butter. Preheat your oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional).
2. Whisk eggs with the cream in a large mixing bowl.
3. Add seasonings, parmesan and half of the grated mozzarella.
4. Squeeze any excess liquid out of the spinach before scattering it over the base of the greased dish.
5. Break the feta into chunks and sit them on top if the spinach.
6. Pour the egg mixture over and then scatter with the remaining mozzarella.
7. Bake for 45 minutes. Remove from the oven and let it cool down for a few minutes before slicing.
8. Store in a covered dish in the fridge for up to 5 days or portion out and freeze.

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