

Keto Tomato & Goat's Cheese Quiche

Hands-on 25 minutes Overall 1 hour 15 minutes

Nutritional values (per serving, slice): Total carbs: 6 g, Fiber: 2.8 g, **Net carbs: 3.2 g,**

Protein: 22.1 g, Fat: 21 g, Calories: 311 kcal,

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



Ingredients (makes 8 servings)

1 batch of the [Savoury Keto Pie Crust](#) or [Multipurpose Keto Pie](#)

[Crust](#) (vegetarian)

200 g ricotta cheese (7.1 oz)

3 large eggs

1/4 cup grated Parmesan cheese (23 g/ 0.8 oz)

2 tbsp heavy whipping cream (30 ml)

1/2 tbsp [arrowroot powder](#)

6-8 cherry tomatoes, cut into quarters (60 g/ 2.1 oz)

6 leaves dark leaf kale (56 g/ 2 oz)

1/4 cup fresh basil leaves

100 g goat's cheese (3.5 oz)

salt and pepper, to taste

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Instructions

1. Make the [Savoury Keto Pie Crust](#) and use it to line one large or 8 individual tart pans.
2. Preheat oven to 190 °C/ 375 °F. Place ricotta, eggs, parmesan and salt and pepper into a bowl and whisk together until smooth.
3. In a separate small bowl, combine the cream and arrowroot powder and mix until blended. Whisk into eggs mix.
4. Cut stems off the kale and finely slice the leaves. Finely chop the fresh basil and add it, along with the kale, to the egg mixture.
5. Stir through and then gently pour into the prepared tart shell.
6. Crumble goat's cheese over the top and then dot the tomato quarters throughout. Bake for 30 minutes until just set.
7. Quiche will set further as it cools. Store leftovers in the tart pan, covered tightly with plastic wrap, in the refrigerator for about 3 days.

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