

# Low-Carb Broccoli Cheese Quiche

Hands-on 20 minutes Overall 1 hour 20 minutes

**Nutritional values (per serving):** Total carbs: 11.2 g, Fiber: 6 g, **Net carbs: 5.1 g**,

Protein: 15.6 g, Fat: 34 g, Calories: 394 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

1 Multipurpose Keto Pie Crust

1 tbsp extra virgin olive oil (15 ml)

2 cups broccoli florets, roughly chopped (182 g/ 6.4 oz)

1 small brown onion, diced (70 g/ 2.5 oz)

1 cup cheddar cheese, grated (113 g/ 4 oz)

1/2 cup crumbled feta (75 g/ 2.7 oz)

4 small eggs *or* 3 large eggs

2/3 cup unsweetened almond milk (180 ml/ 6 fl oz) - *see note below*

1/2 tsp sea salt

1/4 tsp black pepper

*Note: You can substitute unsweetened almond milk with cashew milk, or heavy whipping cream mixed with water (about 4 tbsp cream + 1/2 cup water).*

## Instructions

1. Prepare pie crust according to directions, including the baking.  
Preheat oven to 180 °C/ 350 °F.
2. Add the olive oil to a fry pan and sauté the onion over medium heat until translucent, about 4 – 5 minutes.
3. Add the broccoli and toss to combine, and cook until the broccoli starts to go a vibrant green in colour, around two minutes. Remove from heat and place in a large glass jug or bowl.
4. Add the almond milk, eggs, salt and pepper to a small bowl and lightly beat them.
5. Add to the broccoli and onion mixture. Stir through the cheese, and pour into the prepared pan (I used a 22 cm/ 9 inches pan).
6. Crumble the feta over the top. Bake for 45 minutes to 1 hour.
7. The quiche should set completely and should start to brown on top.
8. When done, remove from the oven and let it cool down for a few minutes.

9. Serve immediately, or store refrigerated up to five days.

Reheat in oven before serving or eat cold.

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