

# Smoked Salmon Keto Mini Quiches

Hands-on 10 minutes Overall 35 minutes

**Nutritional values (per quiche):** Total carbs: 1.4 g, Fiber: 0.3 g, **Net carbs: 1 g**, Protein: 7.9 g,  
Fat: 9 g, Calories: 118 kcal,

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



## Ingredients (makes 12 servings)

- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 2/3 cup chopped broccoli (60 g/ 2.1 oz)
- 2 tbsp freshly chopped dill
- 1 medium fillet hot smoked salmon (150 g/ 5.3 oz)
- 1/2 cup grated cheddar cheese (57 g/ 2 oz)
- 1/2 cup crumbled feta cheese (75 g/ 2.7 oz)
- 2 tbsp [sunflower seeds](#), divided (18 g/ 0.6 oz)
- 6 large eggs
- 1/2 cup unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- pinch of smoked paprika *or* more black pepper

## Instructions

1. Preheat the oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Grease a 12 cup muffin tray with the olive oil, and set to the side.
2. Finely chop the broccoli and dill. Flake the salmon, and crumble the feta, then add to a large bowl with the broccoli, dill, grated cheese and half of the sunflower seeds.
3. Stir the ingredients to mix together, and then scoop evenly into the prepared pan.
4. In the same bowl or jug, whisk the eggs, almond milk, salt and pepper.
5. Pour evenly over the cheesy broccoli-salmon mix in the pan. Sprinkle the remaining tablespoon of sunflower seeds and a little smoked paprika over the top of each quiche.
6. Bake 20 – 25 minutes, until puffed and browned on top. Remove from the oven, and allow to cool in the pan a few minutes — they should start to come away from the sides as the cool, but if not, use a knife to gently pry them away. Transfer to a cooling rack.

7. Serve immediately, or store in an air-tight container in the fridge for up to five days. These quiches work well to freeze too, simply place on a tray to freeze, and once frozen, transfer to plastic bags or containers to store. Freeze up to three months.

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