

Crustless Broccoli and Cheddar Quiche

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Servings: 8

3 cups (about 1 large head) small
broccoli florets
1 cup (4 ounces) Cheddar cheese,
shredded
1 cup whole or 2% reduced-fat milk
2/3 cup heavy cream
6 eggs
pinch nutmeg, freshly grated
1 teaspoon salt
pepper (to taste)

Preheat the oven to 350 degrees.

Butter a ten-inch glass pie plate.

In a large pot of salted boiling water, cook the
broccoli until crisp-tender, 1 to 2 minutes. Drain.
Rinse with cold water. Pat dry. Scatter over the
bottom of the pie plate. Scatter the cheese
evenly over the top.

In a bowl, whisk together the milk, cream, eggs,
nutmeg, salt and pepper until smooth. Pour over
the cheese.

Bake until the custard is just set in the center, 35
to 40 minutes. (Don't worry if the center is a little
trambly; it will cook a little more as it rests.)

Let cool slightly before serving.

Per Serving (excluding unknown
items): 180 Calories; 16g Fat
(78.5% calories from fat); 9g
Protein; 1g Carbohydrate; 0g
Dietary Fiber; 201mg Cholesterol;
414mg Sodium. Exchanges: 1
Lean Meat; 0 Non-Fat Milk; 2 1/2
Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	180	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.5%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	2.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	16g	Folacin (mcg):	21mcg

Saturated Fat (g):	9g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	201mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	9g
Sodium (mg):	414mg
Potassium (mg):	79mg
Calcium (mg):	136mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	622IU
Vitamin A (r.e.):	180RE

Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 180 **Calories from Fat:** 142

% Daily Values*

Total Fat 16g	24%
Saturated Fat 9g	43%
Cholesterol 201mg	67%
Sodium 414mg	17%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 9g	
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Vitamin A	12%
Vitamin C	0%
Calcium	14%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.