

# Ham and Cheddar Quiche

*J. M. Hirsch - Associated Press  
Palm Beach Post*

## Servings: 8

*1 prepared, uncooked pie crust, room temperature*

*8 ounces deli sliced ham, chopped*

*6 ounces (1-1/2 cups) Cheddar cheese, grated*

*8 eggs*

*1/3 cup milk*

*1 teaspoon dried thyme*

*1/2 teaspoon fennel seed*

*1/2 teaspoon Kosher salt*

*1/4 teaspoon ground black pepper*

Preheat the oven to 425 degrees.

Coat an eleven-inch tart pan with a removable bottom with cooking spray. Alternatively, use a nine-inch deep-dish pie pan. Set the pan on a baking sheet.

Unroll the pie crust and set it into the prepared pan. Gently push the crust into the corners and up the edges, trimming as needed.

Scatter the ham and cheese evenly over the crust.

In a medium bowl, whisk together the eggs, milk, thyme, fennel, salt and pepper. Pour the mixture over the ham and cheese.

Bake for 30 minutes, or until puffed and set at the center and lightly browned at the edges.

Cool slightly or completely before slicing and serving.

---

Per Serving (excluding unknown items): 424 Calories; 34g Fat (71.5% calories from fat); 28g Protein; 2g Carbohydrate; trace Dietary Fiber; 303mg Cholesterol; 720mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 4 Fat.

Breakfast

## Per Serving Nutritional Analysis

---

Calories (kcal):	424	Vitamin B6 (mg):	.1mg
------------------	-----	------------------	------

% Calories from Fat:	71.5%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	26.4%
Total Fat (g):	34g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	303mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	28g
Sodium (mg):	720mg
Potassium (mg):	170mg
Calcium (mg):	657mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	1164IU
Vitamin A (r.e.):	345RE

Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	40mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 424 Calories from Fat: 303

#### % Daily Values\*

<b>Total Fat</b> 34g	52%
Saturated Fat 20g	98%
<b>Cholesterol</b> 303mg	101%
<b>Sodium</b> 720mg	30%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> 28g	
<hr/>	
<b>Vitamin A</b>	23%
<b>Vitamin C</b>	0%
<b>Calcium</b>	66%
<b>Iron</b>	10%

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