

Ham and Cheese Quiche

*The Bellmore House - Hutchinson, KS
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*1 partially baked pie shell, cooled
1/2 cup Swiss cheese, grated
1/2 cup Cheddar cheese, grated
2 cups half-and-half
1/2 teaspoon curry powder
dash hot pepper sauce
1/4 teaspoon salt
4 eggs, beaten slightly
1/2 cup ham, finely diced*

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Preheat the oven to 400 degrees,

Add the cheeses to the pie shell.

In a four-cup measuring cup, mix together the cream and seasonings. Microwave on HIGH for 2 minutes.

Stir a small amount of the cream into the beaten eggs. Then stir the egg mixture into the remaining cream. Pour gently into the pie shell. Sprinkle with the ham.

Bake for about 35 minutes or until the custard is set.

Per Serving (excluding unknown items): 144 Calories; 10g Fat (65.1% calories from fat); 11g Protein; 1g Carbohydrate; trace Dietary Fiber; 166mg Cholesterol; 367mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	144	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	10g	Folacin (mcg):	19mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	166mg	% Refuse:	0%

Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	11g
Sodium (mg):	367mg
Potassium (mg):	104mg
Calcium (mg):	179mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	344IU
Vitamin A (r.e.):	101RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 144 Calories from Fat: 94

% Daily Values*

Total Fat 10g	16%
Saturated Fat 5g	25%
Cholesterol 166mg	55%
Sodium 367mg	15%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 11g	

Vitamin A	7%
Vitamin C	5%
Calcium	18%
Iron	5%

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