



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Ham and Cheese Quiche ♦♦

A delicious quiche made with ham and cheese. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 63 g

Ingredients

200 g	pie crust
200 g	Ham
200 g	Cheese
4 pieces	eggs
200 ml	milk
1 tsp	salt

1 tsp pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll out the pie crust and press it into a pie dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix together the ham, cheese, eggs, milk, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Pour the mixture into the pie crust.

Prep Time: 5 mins

Cook Time: 35 mins

Step 5

Baking

Bake in the preheated oven for 35-40 minutes, or until the quiche is set and golden brown on top.

Prep Time: 0 mins

Cook Time: 35 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Dinner

Snack

Supper

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Cinco de Mayo

Diwali

Hanukkah

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

\$10 to \$20

\$20 to \$30

Difficulty Level

Medium

Visit our website: healthdor.com