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## Baked Egg Custard with Gruyère and Chives ✦

Baked Egg Custard with Gruyère and Chives is a delicious and savory dish that can be enjoyed for breakfast, brunch, or any meal of the day. The custard is made with eggs, cream, and Gruyère cheese, which gives it a rich and creamy texture. Chives add a fresh and aromatic flavor to the dish. It is baked in the oven until the custard is set and golden brown on top. Serve it warm with a side salad or crusty bread for a satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

**6 units** Eggs

**250 ml** heavy cream

**150 g** Gruyere Cheese

<b>10 g</b>	Chives
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C). Grease a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a mixing bowl, whisk together the eggs, heavy cream, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Stirring

Stir in the grated Gruyère cheese and chopped chives.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Pouring

Pour the mixture into the greased baking dish.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Bake in the preheated oven for 25-30 minutes, or until the custard is set and golden brown on top.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 6

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

Calories: 350 kcal

Fat: 35 g

Protein: 15 g

Carbohydrates: 4 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	4 g	7.27%	8%
Fibers	0 g	0%	0%
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	12 g	N/A	N/A
Saturated Fat	18 g	81.82%	105.88%
Fat	35 g	125%	140%
Cholesterol	320 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	15 mcg	100%	100%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Christmas Picnic

### Cuisines

Italian Chinese French Thai Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
High Vitamin C High Calcium

### Course

Appetizers Main Dishes Desserts

### Meal Type

Breakfast Lunch Dinner Snack Supper

### Difficulty Level

Easy

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