



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Crustless Quiche ♦

A delicious crustless quiche recipe that can be enjoyed for breakfast, brunch, or any meal of the day. It is made with a variety of fresh vegetables, cheese, and eggs, resulting in a flavorful and satisfying dish. The quiche is baked to perfection and can be served hot or cold. It is a versatile recipe that can be customized with different vegetables and seasonings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 6

**Serving Size:** 83 g

### Ingredients

6 pieces	Eggs
1 c	milk
1 c	Cheddar Cheese
2 c	spinach

<b>1 cup</b>	Red Bell Pepper
<b>1 cup</b>	onion
<b>1 teaspoon</b>	Salt
<b>0.5 teaspoon</b>	Black pepper
<b>1 tablespoon</b>	Olive oil

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Sautéing

In a skillet, heat olive oil over medium heat. Add onion and red bell pepper, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 3

#### Mixing

In a large bowl, whisk together eggs, milk, salt, and black pepper. Stir in cooked onion, red bell pepper, spinach, and cheddar cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Baking

Pour the mixture into a greased pie dish. Bake for 25-30 minutes, or until the quiche is set and golden brown on top.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

---

### Step 5

#### Resting

Remove from the oven and let it cool for a few minutes. Slice and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 240 kcal

**Fat:** 18 g

**Protein:** 14 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
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	9 g	40.91%	52.94%
Fat	18 g	64.29%	72%
Cholesterol	260 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	420 mg	18.26%	18.26%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Brunch Lunch Dinner

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)