

Cheddar Egg Bake or Crustless Quiche

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

6 eggs, slightly beaten
1 cup (4 ounce) shredded
cheddar cheese
1/2 cup half-and-half
2 tablespoons butter,
softened
1 teaspoon prepared
mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat the oven to 325 degrees.

In a bowl, mix the eggs, cheddar cheese, half-and-half, butter, mustard, salt and pepper.

Pour into an ungreased 8x8x2-inch pan.

Bake for 25 to 30 minutes or until set.

(You can optionally add bacon, green onions, mushrooms, green pepper, etc.)

Per Serving (excluding unknown items): 1107 Calories; 90g Fat (74.2% calories from fat); 66g Protein; 4g Carbohydrate; trace Dietary Fiber; 1453mg Cholesterol; 2484mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 12 Fat; 0 Other Carbohydrates.