
Easy Quiche

Barbara Kistner - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 6

1 1/2 cups heavy cream

3 large eggs

nutmeg (to taste)

8 ounces Swiss cheese

1 package frozen broccoli

1 refrigerated pie crust, unbaked

In a bowl, whisk the cream and eggs together. Add the nutmeg, salt and pepper to taste. Pour the mixture into the pie crust.

Add the Swiss cheese and broccoli.

Bake at 425 degrees for 45 minutes, until set.

Remove from the oven. Let stand for 10 minutes before serving.

Breakfast

Per Serving (excluding unknown items): 544 Calories; 44g Fat (72.9% calories from fat); 16g Protein; 20g Carbohydrate; trace Dietary Fiber; 229mg Cholesterol; 289mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.