

# Eat Smart • Move More

## Crustless Quiche

Prep Time: 15 minutes

Total Time: 1 hour



### Ingredients

- Nonstick cooking spray
- 3 cups 1% milk
- 8 eggs
- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 10 ounces frozen broccoli, thawed
- 1 cup chicken thighs, cooked and shredded
- 1 onion, finely chopped
- 1 carrot, shredded
- ¾ cup reduced fat cheddar cheese, shredded

### Directions

- Heat oven to 350°F and spray a baking dish with nonstick cooking spray.
- In a mixing bowl, combine milk, eggs, garlic powder, and ground black pepper. Beat until well combined.
- In the baking dish, add the egg mixture and gently stir all remaining ingredients together.
- Bake for 30-40 minutes or until the top has browned. Let stand 5 minutes before cutting.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving (237.53g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 225mg	<b>75%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes g Added Sugars	
<b>Protein</b> 19g	
Vitamin D 2mcg	10%
Calcium 251mg	20%
Iron 1mg	8%
Potassium 402mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Substitute any protein in place of the chicken and any vegetables of your choice.
- ▶ Cottage or ricotta cheese can be used in place of the milk. NOTE: cottage cheese contains more sodium.
- ▶ This recipe can be used for breakfast, lunch, or dinner!

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(Recipe adapted from: <https://recipes.sparkpeople.com>.)

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