

Everything Quiche

Keto quiche, known in my house as Everything Quiche because it literally depends on what you have in your fridge, then you just put everything in. This is a super easy to make and easy to tweak recipe.



Ingredients:

- 12 eggs
- 2 cups cream (heavy cream, sour cream or whatever your preference is - I mix them)
- 250g bacon (8.8 oz)
- 200g spinach (7 oz)
- 2 cups grated cheese
- red pepper
- chives
- 225g mushrooms (8 oz)
- garlic
- 125g pecorino/parmesan cheese (powdered/grated) (1 1/4 cups)
- 100g biltong powder (3.5 oz)
- salami
- danish feta
- paprika, chilli flakes, salt & pepper

Directions:

1. In the biggest bowl you have, break the eggs, add the cream and garlic and whisk until mixed
2. Chop all the ingredients as finely as you want them. You can chop the spinach quite fine but I prefer bigger pieces. I chop the mushrooms into tiny pieces because they cook easier that way. Grate the cheese, fry the bacon and set aside.
3. Add all of your ingredients in small batches and mix well.
4. Carefully pour the mixture into your containers, I use foil catering dishes because they are easy to fit in the freezer. You could use pyrex as well if you have. The quiches rise in the oven so don't fill them to the top - probably around 3/4. If your mix is too solid you can add more egg or cream as needed to make it easier to mix.
5. I filled 7 small containers with the mixture, but it usually differs based on what I am using. Put the quiches in the oven (preheated to 180C/350F) for between 30 - 40 minutes. Keep an eye on them and once the quiche is solid to the touch it is cooked.

Approximate macros per serving (assuming 7 servings):

carbs - 7.2g fat - 67g protein - 43g calories - 831

Recipe and images by www.alittlebitofketo.com