

Easy Crustless Quiche

Savannah · 29/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 35 mins

Description

Yet another crustless quiche that is designed for a lowcarb highfat LCHF diet It is very rich and cheesy The Parmesan and butter form a nice skin on the bottom that really helps The egg and cream mixture is quite flexible and the ratio of egg to cream and the heaviness of the cream is a personal choice The cheese can easily be replaced with any hard cheese that holds up well when shredded such as Swiss Cheddar Gouda or provolone The meats can be replaced with anything that isnt too wet whether it is meat or vegetable

Ingredients

- - 1 pound bacon - 1 pound sausage - 1 tablespoon unsalted butter
- melted - 2 tablespoons grated Parmesan cheese - 1 pound shredded Cheddar cheese - 8 large eggs - 3 cups heavy whipping cream - 1 cup half-and-half

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Cook bacon and sausage in a large skillet over medium-high heat
2. stirring often
3. until evenly browned and bacon crisp
4. about 10 minutes. Drain on a paper towel-lined plate. Brush butter on the bottom and sides of a 9x13-inch baking dish. Sprinkle Parmesan cheese into bottom of the dish; top with bacon and sausage. Spread Cheddar cheese over bacon and sausage. Beat eggs
5. cream
6. and half-and-half together in a bowl; slowly pour over cheese and sausage. Bake in the preheated oven until a knife inserted into the center comes out clean
7. about 1 hour. Cool 10 minutes before slicing.