

# Basic Quiche



Serves 6

Ingredients:

- Butter for pan
- 6 large eggs
- 1 cup heavy cream
- Salt and pepper, to taste
- 1 cup grated cheese (e.g., Swiss, Gruyere, or cheddar)

## Instructions:

1. Pre-heat oven to 350°F. Butter a 9-inch pie plate.
2. Beat eggs in a bowl with cream, salt, and pepper. Add cheese, mix well, and pour into prepared pan.
3. Bake for 40 minutes, or until golden on top and set. Serve hot or at room temperature.



Nutrition per serving: Calories 288; Total Fat 25.6 g; Saturated Fat 14.4 g; Monounsaturated Fat 7.8 g; Polyunsaturated Fat 1.5 g; Total Carbohydrates 2.6 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 1.9 g; Protein 12.0 g; Sodium 143 mg