

Modern Classic French Keto Quiche

WHOLE-FOOD RECIPE | NO ADDED SUGAR



Prep:
Cook

Cook:
Serves

Serves:
Net Carbs

INGREDIENTS

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. . Preheat oven to 375°F (190°C).
2. . Mix almond flour, melted ghee or butter, egg and sea salt until a soft dough forms.
3. . Press dough evenly into a quiche dish or pie plate. Bake for 8-10 minutes, just until lightly set.
4. . Saute onion in olive oil or ghee until softened and lightly golden.
5. . Whisk eggs with full cream, sea salt, black pepper and Italian herbs.
6. . Layer onion, roasted peppers, grated cheese, goat cheese and any fresh herbs over the crust.
7. . Pour egg mixture over the filling.
8. . Bake for 30-35 minutes, or until the centre is set and the top is golden.

VICTORIA'S TIP

Roasting the peppers first gives this quiche a deeper, sweeter flavour. I also like serving it with a crisp green salad so it feels fresh, balanced and satisfying.

APPROXIMATE NUTRITION

Nutrition Approx. Per Serving Serving size 1 slice (1/6 quiche)
Calories ~410 Protein ~17 g

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