

Modern Classic French Keto Quiche



A beautiful, versatile quiche made with organic eggs, full cream, Italian herbs, cheese and vegetables.

WHY YOU WILL LOVE IT

- It looks elegant and tastes rich, savoury and satisfying.
- It is versatile - use most vegetables or cooked leftovers you already have.
- It is naturally low in carbohydrates and high in protein.
- It works beautifully for brunch, lunch, dinner or meal prep.
- It can be served warm, room temperature or chilled.

INGREDIENTS

- 1 keto tortilla or prepared almond flour crust
- 6 organic eggs
- 1/2 cup organic full cream
- 1/4 package organic cream cheese, softened and cubed
- 1/2 cup organic grated cheese, such as cheddar, mozzarella or Gruyere
- 1 cup chopped mushrooms
- 1 cup chopped spinach, squeezed dry if wet
- 1/2 cup chopped bell pepper, zucchini, asparagus or other cooked vegetables
- 2 tbsp chopped fresh Italian herbs or 1 tsp dried Italian herbs
- Sea salt and black pepper, to taste
- Optional: 1 tbsp extra virgin olive oil or ghee for cooking vegetables if needed

INSTRUCTIONS

1. Preheat air fryer or oven to 390 F (200 C).
2. Place the keto tortilla or almond flour crust into a suitable baking dish or air fryer-safe pan.
3. Scatter mushrooms, spinach and vegetables evenly over the base.
4. Add cubed cream cheese and grated cheese.
5. In a bowl, whisk the eggs with full cream, sea salt, black pepper and Italian herbs.
6. Pour the egg mixture over the vegetables and cheese.
7. Bake for about 30 minutes, or until the centre is set and the top is lightly golden.
8. Let rest for 5-10 minutes before slicing so the quiche sets cleanly.

Victoria's Tip

This is one of those recipes that looks and tastes far more special than the effort required. I love it because it is so versatile - you can use mushrooms, spinach, zucchini, asparagus, peppers, or almost any cooked leftover vegetables you have on hand.

Why This Recipe Works

Eggs, full cream and cheese create a rich, satisfying base with protein and healthy fats. The vegetables add texture, flavour and fibre, while the herbs make it feel fresh and elegant. It is a practical way to turn leftovers into a beautiful meal.

VARIATIONS

- Leftover Vegetable Quiche: Use roasted zucchini, asparagus, mushrooms, spinach, peppers or leftover cooked vegetables.
- Mediterranean Quiche: Add feta, olives, spinach and fresh herbs.
- Chicken Quiche: Add chopped cooked organic chicken.
- Brunch Quiche: Serve with a simple salad and avocado.
- Herb Variation: Use fresh basil, oregano, parsley or thyme instead of dried Italian herbs.

MEAL PREP, STORAGE & FREEZING

- Meal Prep: Bake ahead and portion into slices for quick meals.
- Storage: Refrigerate covered for up to 3 days.
- Reheating: Warm in the oven or air fryer at 325 F until heated through.
- Freezing: Freeze individual slices wrapped well. Thaw overnight before reheating.

QR CODE & APPROVAL



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Status: APPROVED BY VICTORIA
Photo updated per Victoria request.

NUTRITION - APPROXIMATE PER SLICE

Serving Size	1 slice (1/6 recipe)
Calories	270
Protein	16 g
Total Carbohydrates	7 g
Fibre	2 g
Net Carbohydrates	5 g
Fat	21 g
Saturated Fat	10 g
Sugar	3 g
Sodium	360 mg

Nutrition note: values are estimates and will vary based on crust, cheese, vegetables and portion size.

STOP SUGAR CRAVE(TM) SCORECARD

Protein: ★★★★★☆
Satiety: ★★★★★★
Meal Prep: ★★★★★★
Versatility: ★★★★★★
Family Friendly: ★★★★★☆
Freezer Friendly: ★★★★★☆
Difficulty: ★★☆☆☆
Budget Friendly: ★★★★★☆