

Simple Air-Fryer Keto Quiche

WHOLE-FOOD RECIPE | NO ADDED SUGAR



Prep:

10 min

Cook:

30 min

Serves:

2

INGREDIENTS

• INGREDIENTS

- 1 keto tortilla or low-carb wrap
- 2 large organic eggs
- 1/2 cup organic full cream
- 1/4 package organic cream cheese, cubed
- 1/2 cup chopped mushrooms
- 1/2 cup chopped spinach
- 1/2 cup grated organic cheese
- 1 tsp dried Italian herbs or 1 tbsp fresh chopped Italian herbs
- Sea salt and black pepper, to taste

Ingredient note

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

INSTRUCTIONS

1. Preheat air fryer to 390°F (200°C).
2. Press keto tortilla into a small air-fryer-safe dish.
3. Add mushrooms, spinach and cream cheese.
4. Whisk eggs with full cream, Italian herbs, sea salt and black pepper.
5. Pour egg mixture over vegetables and cream cheese.
6. Top with grated cheese.
7. Air fry about 30 minutes, until set and golden.
8. Rest 5 minutes before slicing.

VICTORIA'S TIP

vegetables or leftover cooked chicken can all become a beautiful quiche.

APPROXIMATE NUTRITION

NUTRITION - APPROXIMATE PER SERVING Serving size 1/2 quiche Calories ~525 Protein ~23 g Total carbohydrates

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