

Creamy Crustless Quiche with Bacon and Mushrooms - Low-Carb and Full of Flavor

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OVEN
350°F

TIME
5 min

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INGREDIENTS

- 6 large eggs
- ¾ cup heavy cream
- 4 slices cooked bacon, crumbled
- 1 cup mushrooms, sliced
- ¾ cup mozzarella cheese, shredded
- Salt and pepper, to taste

DIRECTIONS

1. Preheat Your Oven: Preheat to 350°F (175°C).
2. Grease a 9-inch pie dish with butter, oil, or nonstick spray.
3. Cook the Mushrooms: In a skillet over medium heat, sauté sliced mushrooms until browned and softened, about 4-5 minutes.
4. Set aside to cool slightly.
5. Mix the Custard: In a large bowl, whisk together the eggs and heavy cream until well blended.
6. Season with salt and pepper.
7. Add Fillings: Stir in crumbled bacon, sautéed mushrooms, and mozzarella cheese.
8. Pour the mixture into the greased pie dish, spreading it out evenly.
9. Bake: Bake for 30 minutes, or until the quiche is set in the center and lightly golden on top.
10. Let it rest for 5 minutes before slicing and serving.

SWAPS & NOTES

Swap cream for unsweetened almond or oat milk and use dairy-free cheese.

Use sausage, turkey bacon, or go meatless with spinach.

Cheese variations : Try Swiss, cheddar, or goat cheese for different flavor profiles.

Add-ins : Sautéed onions, spinach, or bell peppers all work beautifully.

TIPS FOR SUCCESS

Let the quiche cool slightly before slicing-it helps the custard firm up.

For best texture, use room temperature eggs and freshly grated cheese.

Broil for the last 2 minutes (but watch closely!).

Store leftovers in the fridge for up to 4 days and reheat gently.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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