

Bacon and Cheese Crustless Quiche - Easy, Low-Carb Breakfast Winner

Who says quiche needs a crust to be irresistible? This



OVEN
350°F

TIME
35 min

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INGREDIENTS

- 6 large eggs
- 1 cup heavy cream
- 1/2 cup milk
- 1 cup shredded cheddar cheese
- 1/2 cup cooked bacon, crumbled
- Salt and pepper, to taste

DIRECTIONS

- 1. Preheat and Prep:** Preheat your oven to 350°F (175°C). Grease a standard 9-inch pie dish or quiche pan with butter or nonstick spray.
- 2. Mix the Custard:** In a mixing bowl, whisk together the eggs, heavy cream, and milk until fully combined. Season with salt and pepper.
- 3. Add the Fillings:** Stir in the shredded cheddar cheese and cooked bacon. Feel free to add sautéed onions, spinach, or even chopped jalapeños for a twist.
- 4. Bake:** Pour the mixture into the prepared dish. Bake for 30-35 minutes, or until the center is just set and the top turns golden brown.
- 5. Cool and Slice:** Let the quiche cool for 5-10 minutes before slicing. This helps the custard fully set and makes slicing cleaner.

TIPS FOR SUCCESS

? Use room temperature eggs for smoother mixing. ? Grease the pan well to prevent sticking. ? Don't overbake - check at the 30-minute mark; the center should jiggle just slightly. ? Want to mix it up?

Try adding Swiss cheese, caramelized onions, or chopped spinach.

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

Original recipe: <https://chefmaniac.com/bacon-and-cheese-crustless-quiche-easy-low-carb-breakfast-winner/>