

The Best Low-Carb Cheese and Veggie Crustless Quiche Recipe

Low-Carb Cheese and Veggie Crustless Quiche: The 45-Minute Healthy Hero



OVEN
375°F

TIME
5 min

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INGREDIENTS

Large Eggs: 6

Heavy Cream or Half & Half: 1/2 cup (For that signature silkiness)

Shredded Cheese: 1 1/2 cups (Cheddar, Swiss, or Gruyère work best)

Fresh Spinach: 2 cups (Roughly chopped)

Bell Pepper: 1 medium (Diced)

Onion: 1/2 small (Finely diced)

Garlic: 2 cloves (Minced)

Salt & Black Pepper: To taste

Nutmeg: A tiny pinch (The secret ingredient for egg dishes!)

Olive Oil: 1 tbsp

Swaps and Notes:

The Veggies: You can swap the spinach and peppers for sautéed mushrooms, broccoli florets, or sun-dried tomatoes. Just make sure to sauté watery vegetables first so the quiche doesn't get soggy.

The Cheese: For a tangier kick, try adding crumbled feta or goat cheese on top before baking.

Dairy-Free: You can use unsweetened almond or oat milk and a dairy-free cheese alternative, though the texture will be slightly less custard-like.

Step-by-Step Instructions:

1. Prep and Preheat:

2. Sauté the Aromatics:

3. Whisk the Base:

4. Layer the Goodness:

5. The Pour:

6. Bake to Perfection:

7. Rest and Serve:

Tips for Success:

Dry Your Veggies: This is the most important tip.

If you use mushrooms or zucchini, cook them thoroughly to release their water before adding them to the eggs.

Room Temp Eggs: Using room-temperature eggs helps the quiche rise more evenly in the oven.

The Nutmeg Secret: You won't taste the nutmeg as a distinct flavor, but it enhances the richness of the eggs and cheese beautifully.

Serving Suggestions and Pairings:

Nutritional Information (Per Slice):

Calories: 210 kcal

Total Fat: 16g

Carbohydrates: 4g

Protein: 14g

Fiber: 1g (Note: Based on 6 slices per quiche.)

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

- 1.** Prep and Preheat: Preheat your oven to 375°F (190°C). Grease a 9-inch pie dish or a square baking pan with butter or non-stick spray.
- 2.** SautØ the Aromatics: In a skillet over medium heat, add the olive oil and sautØ the onion and bell pepper for 4-5 minutes until soft. Add the garlic and spinach, cooking for just 1-2 minutes until the spinach is wilted. Tip: Drain any excess liquid from the pan before proceeding.
- 3.** Whisk the Base: In a large bowl, whisk together the 6 eggs, heavy cream, salt, pepper, and nutmeg until well combined and slightly frothy.
- 4.** Layer the Goodness: Spread the sautØed vegetables evenly across the bottom of the prepared baking dish. Sprinkle 1 cup of the shredded cheese over the vegetables.
- 5.** The Pour: Carefully pour the egg mixture over the cheese and veggies. Use a fork to gently move the ingredients around to ensure the egg is distributed evenly. Top with the remaining 1/2 cup of cheese.
- 6.** Bake to Perfection: Bake for 25-30 minutes, or until the edges are golden brown and the center is set (it should have a slight jiggle but not be liquid).
- 7.** Rest and Serve: Let the quiche sit for 5-10 minutes before slicing. This resting period is crucial for the eggs to fully set, ensuring clean slices.
- 8.** Tips for Success: Dry Your Veggies: This is the most important tip. If you use mushrooms or zucchini, cook them thoroughly to release their water before adding them to the eggs.
- 9.** Room : Temp Eggs: Using room-temperature eggs helps

the quiche rise more evenly in the oven.

10. The : Nutmeg Secret: You won't taste the nutmeg as a distinct flavor, but it enhances the richness of the eggs and cheese beautifully.
11. Serving Suggestions and Pairings: This quiche is a versatile star. Serve it with a simple side salad or a bowl of fresh berries for a light lunch. If you're hosting a full brunch, it pairs perfectly with Red Velvet Waffles or Fluffy Homemade Donuts. For a refreshing beverage, try a Peach Garden Soda.
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17. Storage and Leftover Tips: Crustless quiche stores exceptionally well. Keep it in an airtight container in the fridge for up to 4 days. You can eat it cold, at room temperature, or reheated in the microwave for 45-60 seconds. It also freezes well! Wrap individual slices in foil and freeze for up to 2 months; just thaw in the fridge before reheating.
18. More Recipes You Will Love: Mediterranean Baked Feta Eggs - Another one-pan vegetarian breakfast win.
19. One : Pan Breakfast Bake - For those days when you want potatoes and bacon.
20. Easy : Garlic Herb Chicken Traybake - The ultimate healthy weeknight dinner.
21. Final Thoughts: The Low-Carb Cheese and Veggie Crustless Quiche is a testament to the fact that you don't need a heavy crust to have a comforting, delicious meal. It's colorful, healthy, and incredibly satisfying.
22. What's your favorite quiche filling? I'm a sucker for ham and Swiss, but this veggie version is a close second! Let me know in the comments, and don't forget to follow ChefManiac for more healthy-ish recipes and kitchen inspiration. Happy eating!

SWAPS & NOTES

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