

Crustless Quiche



Discover the delightful flavors of our Crustless Quiche, a healthier version of a beloved classic. Bursting with wholesome ingredients, this crust-free delight offers a savory experience for all!

Preparation 15 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 260

Fat 9

Carbohydrates 18

Fibre 7

Protein 20

Sodium 210

Ingredients

- 500 ml (2 cups) broccoli (about 2 heads), chopped
- 1 orange bell pepper, diced
- 125 ml (½ cup) red onion (about ½ onion), diced
- 125 ml (½ cup) nutritional yeast flakes
- 250 ml (1 cup) quinoa flour (or regular white flour)
- 30 ml (2 tbsp) vegetable oil

- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) baking powder
- 1 ml (¼ tsp) salt
- 2 eggs
- 160 ml (? cup) egg whites, equivalent to the whites of 6 eggs (see note)

Note : It is possible to buy egg whites in a carton at the grocery store.

Preparation

1. Preheat the oven to 350°F (180°C). Oil a pie pan, set aside.
2. Combine all the ingredients in a large bowl and mix well.
3. Transfer the mixture to the pie pan.
4. Bake for 35 minutes, then let cool for 5 minutes before cutting and serving.

Notes

Can be kept for 3 days in the refrigerator in an airtight container.



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