

Crustless Quiche Lorraine



Calories: 336



Carbs: 6



Protein: 34



Fat: 19

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 6 large eggs
- 4 bacon medallions all visible fat removed
- 1 large onion
- 160 g reduced fat cheddar grated
- 4 tbsp plain quark
- salt and pepper to taste
- low calorie cooking spray

Directions

- Pre-heat the oven to 160°C. Chop the bacon into thin strips and dice the onion finely.
- Spray a frying pan with low calorie cooking spray and, on a moderate heat, cook the bacon strips and diced onion until the bacon has coloured and the onion is soft. Set aside to cool slightly.
- Place the eggs into a large bowl and whisk. Add the quark and continue to whisk until the quark is fully combined - there should be no lumps at all. Season well with salt and pepper.
- Stir in half of the cheese and the bacon/onion mix. Spray a 24cm flan dish with low calorie cooking spray and pour in the egg mixture. Make sure that there is an even distribution of bacon and onion.
- Top with the remaining cheese and cook for 20 minutes until golden. If using a dish with a smaller diameter (therefore resulting in a deeper quiche) then it may need an extra 5-6 minutes in the oven.
- Serve hot or cold with your choice of accompaniment.