



Mini Crustless Broccoli Quiches

Total: 38 mins

Prep: 10 mins

Cook: 28 mins

Yield: 12-15 quiches (12-15 servings)

Nutritional Guidelines (per serving)

270	22g	7g	11g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

21 RATINGS

These mini [quiches](#) are quick and easy to prepare and bake, and they make a great snack or brunch side dish. The quiches are baked in muffin cups. Serve with ketchup, a little warm cheese sauce, or salsa.

Ingredients

- 1 1/2 cups milk (or half and half or light cream)
- 3 large eggs
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups Cheddar cheese (shredded, mild or sharp)
- 2 cups frozen broccoli (thawed and lightly steamed)
- Optional: 1/2 cup coarsely chopped roasted red bell pepper

Steps to Make It

- 01 Preheat the oven to 350° F. Grease and flour a standard 12-cup muffin pan, or spray with baking spray which contains flour.
- 02 In a large bowl, whisk the milk, eggs, flour, salt, and pepper until well blended. Stir in the cheddar cheese, chopped broccoli, and bell pepper.
- 03 Spoon the mixture into the prepared pan, filling each cup nearly to the rim.
- 04 Bake for 26 to 32 minutes, or until a knife inserted into the center of a quiche comes out clean.

Tip: Make the quiches and freeze them for another day. To reheat, arrange them on a baking sheet and bake at 325° F for about 25 minutes, or until the quiches are quite hot. To reheat in the microwave, put 2 to 4 mini quiches on a plate and microwave at 70% power for about 3 minutes, or until hot.

You Might Also Like

Mini Cheddar and Green Onion Quiches: These little quiche snacks are made with lots of Cheddar cheese and green onions or use chopped spinach or broccoli.

[Broccoli and Ham Quiche Recipe](#): This broccoli and ham quiche is made with Cheddar cheese and mushrooms, an excellent choice for brunch, lunch, or supper.

[Turkey Quiche With Peppers and Green Onions](#): I used poblano peppers and Mexican style pepper jack cheese in this flavorful quiche, but you could easily make this quiche with less heat using Cheddar jack cheese and sweet bell pepper. This is a nice way to use that leftover turkey.

[Crustless Chard and Bacon Quiche](#): With no pastry crust, this dish is lighter than a classic quiche. Use fresh or frozen Swiss chard in this great tasting quiche. This makes a nice lunch or supper dish along with soup or a salad.

Recipe Tags:

Appetizer

American

Easter

Bake
