AMERICAN · BREAKFAST · LUNCH

Crustless Cheese Quiche with a Parmesan Crust

50 min · Makes 4 × 1 wedge (¼ quiche) · 529 kcal a portion · Video 10:20 · Chris Cooking Nashville

Gluten-free ingredients · No nuts listed

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A filling, flour-free breakfast: one wedge gives about 27 g of protein and is rich in selenium, vitamin B12, vitamin A, zinc and calcium.

Diet notes: Carnivore if you leave out the chives and parsley; Keto (3.1 g net carbs a serve).

Ingredients

12 · MAKES 4 × 1 WEDGE (¼ QUICHE)

- [ ] 12 **eggs**
- [ ] 55 g **cream cheese**, softened
- [ ] 4 tbsp (½ stick) **butter**, melted
- [ ] 60 ml **heavy cream**
- [ ] 180 ml shredded **colby jack cheese** (120 ml for the mix, 60 ml for the top)
- [ ] 2 tsp **beef gelatin**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] 2 tbsp grated **parmesan**, to coat the pan
- [ ] 1 tsp **lard**, to grease the pan
- [ ] 1 tbsp chopped **chives**, to garnish (optional)
- [ ] 1 tbsp chopped **parsley**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 190°C. Soften the 55 g cream cheese with the 4 tbsp butter in the microwave for about a minute, until the butter has melted. 4:19
2. Put the 12 eggs, 60 ml cream, 2 tsp gelatin, 1 tsp salt, ½ tsp pepper and 120 ml of the shredded cheese in a blender, add the butter and cream cheese, and blend on low, then high, until smooth and frothy. 3:46
3. Rub a nonstick cake pan all over with the lard, add the 2 tbsp parmesan and tilt the pan so the cheese coats the base and sides. 5:35
4. Pour in the egg mixture (it should fill the pan about half to two-thirds), scatter the remaining 60 ml cheese over the top and add the chives and parsley if using. 6:28
5. Bake for 25–35 minutes, checking at 20, until the top is browned and the centre no longer jiggles. Cool for about 10 minutes, turn it out and cut into wedges. 7:43

> **Tip** Leave out the herbs to keep it strictly carnivore, as the cook suggests. He cuts it into four wedges and keeps them wrapped in the fridge as a grab-and-go breakfast, reheated. Add any pre-cooked meat before baking.

The method is a summary in our words — the video shows every step.

One portion, 1 wedge (¼ quiche), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
529 kcal	27 g	3.2 g	0.1 g	45 g	970 mg
2,210 kJ	54% of a day	3.1 g net · 2.7 g sugars	0% of a day	23 g saturated	42% of a day
		1% of a day		58% of a day	

Energy from net carbs 2% · protein 21% · fat 77% — fits keto: 3.1 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Selenium 94% · Vitamin B12 80% · Vitamin A 52% · Zinc 22% · Calcium 21%

Source of (10–19%) Vitamin D 19% · Folate 19% · Omega-3 19% · Vitamin K 18% · Vitamin E 15% · Vitamin B6 13% · Iron 12%

Recipe and video: Chris Cooking Nashville (@ChrisCookingNashville) on YouTube — youtube.com/watch?v=VJzDGcHdKBg, published 25 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-crustless-cheese-quiche