

Breakfast Quiche



2:1 ratio

- **Preparation time:** 15 - 20 minutes
- **Cooking time:** 30 - 35 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	33g	23g LCT
		10g MCT
Protein	11.3g	
Carbohydrate	5g	
Energy (calories)	362kcal	



Innovation in Nutrition
A Nestlé Health Science Company



Breakfast Quiche

Ingredients	Quantity	Your recipe
Base		
Butter	12g	
Ground almonds	12g	
MCTprocal®	16g	
Water	2g	
Spray oil	1 - 2 sprays	
Topping		
Sausage, gluten free e.g. Heck	8g	
Bacon	10g	
Spring onions, chopped	10g	
Mushrooms, chopped	10g	
Tomatoes, chopped	8g	
Egg, beaten	15g	
Cheddar cheese, grated	6g	

Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Oven cook sausage and bacon for 10-15 minutes until cooked and set aside to cool.

Base

1. Add butter, ground almonds and MCTprocal® into a bowl, rub together with fingertips until a crumbly texture is achieved.
2. Add water and mix with a spatula to form a dough like mixture.
3. Spray a 3-inch loose bottom mini flan tin with oil and press mixture around tin until evenly distributed.

Filling

1. Chop cooked bacon and sausage, add to base with spring onions, mushrooms and tomatoes.
2. Pour beaten egg over filling.
3. Sprinkle grated cheese on top and cook for 20 minutes until golden brown.
4. Leave to cool and using the loose bottom, remove quiche.



- Use smoked bacon or chorizo for a different flavour

MCTprocal is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.