

Ham & Cheese Quiche



1.9:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	34.3g	24.3g LCT
		10g MCT
Protein	12.9g	
Carbohydrate	5g	
Energy (calories)	380kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Base		
Butter	12g	
Ground almonds	16g	
MCTprocal®	16g	
Water	2g	
Spray oil	1 - 2 sprays	
Topping		
Ham, chopped	15g	
Spring onion, chopped	10g	
Egg, beaten	15g	
Cheddar cheese, grated	10g	
Mixed herbs	1 pinch	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

1. Add butter, ground almonds and **MCTprocal®** into a bowl, rub together with your 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 the mixture around tin until evenly distributed.

Filling

1. Add chopped ham and spring onions to base.
2. Pour egg over filling.
3. Sprinkle grated cheese and mixed herbs on top, cook for 20 minutes until golden brown.
4. Leave to cool. Using the loose bottom, remove the quiche.



- Perfect for a picnic, party or packed lunch.

**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.**