

Description:

Imagine diving into a slice of velvety, golden-baked egg dish loaded with savory bacon, fresh spinach, and melted cheese, all without the hassle or extra calories of a heavy pastry crust. This crustless quiche delivers a tender, custard-like texture and rich, comforting flavors in every single bite. It is an ideal go-to recipe for effortless meal prep, offering a nutrient-dense, high protein, and low-carb meal that keeps you full and energized throughout the morning.

Can This Crustless Quiche Support Weight Loss Goals?

Yes, this crustless quiche is exceptionally well-suited for supporting weight loss goals. By removing the traditional flour-based crust, you significantly reduce overall carbohydrates and calories while keeping healthy fats and satiating protein high. Protein takes longer for your body to digest, which helps promote long-lasting fullness, curb mid-morning cravings, and assist in maintaining lean muscle mass during a calorie-controlled diet.

Does Crustless Quiche Fit a High Protein Lifestyle?

This recipe seamlessly aligns with a high protein lifestyle by relying on nutrient-packed eggs, egg whites, sharp cheese, and savory bacon. Delivering minimal net carbs per serving, it offers an optimal balance of healthy fats and clean protein without spiking your blood sugar. It uses whole, accessible ingredients to naturally boost your daily protein intake, making it an excellent centerpiece for keto, low-carb, and high-protein diet plans.

My Personal Experience:

- Effortless Sunday Meal Prep

I love whipping this up on Sunday evenings because it bakes completely hands-off and reheats beautifully for busy weekday mornings.

- Guilt-Free Comfort Food

Skipping the heavy pastry shell leaves me feeling thoroughly satisfied without the heavy, sluggish feeling that usually follows a traditional pie crust.

- Versatile Fridge-Cleaner

It easily absorbs whatever leftover roasted vegetables or extra cheeses I have in the fridge without losing its light, custard texture.

Perfect For:

- High Protein Breakfasts: A quick, pre-portioned morning meal that powers you through long daily schedules.
- Keto & Low-Carb Meal Plans: An naturally low-carb option that satisfies cravings for rich, savory comfort food.
- Post-Workout Recovery: A quick, protein-dense dish to nourish muscles after an intense morning exercise session.
- Weekend Brunches: A gorgeous, crowd-pleasing dish to serve guests alongside a fresh, crisp green salad.

Why You'll Love This Recipe:

- Quick and Minimal Prep

You simply whisk, toss ingredients in a pan, and bake, requiring less than 10 minutes of active kitchen effort.

- Fluffy, Creamy Texture

Combining whole eggs with a splash of milk or heavy cream creates a tender, custard-like bite every time.

- Naturally Gluten-Free

Because there is no pie crust involved, it is inherently gluten-free without needing

expensive specialty flours.

Common Mistakes to Avoid:

1. **Using Wet Spinach:** Failing to squeeze excess moisture out of cooked spinach will make the quiche watery and soggy.
2. **Overbaking the Eggs:** Leaving the quiche in the oven too long causes the eggs to become rubbery and dry; pull it out when the center slightly jiggles.
3. **Skipping the Pan Grease:** Eggs stick easily, so ensure your pie dish is generously greased with butter or non-stick oil spray.
4. **Cutting While Hot:** Slicing the quiche immediately after baking causes it to collapse; let it rest so it sets cleanly.

Required Equipment:

- **9-inch Pie Dish:** Ensures even baking, consistent thickness, and classic quiche-shaped presentation slices.
- **Large Mixing Bowl:** Allows plenty of room to whisk eggs vigorously and incorporate air for a fluffy texture.
- **Non-Stick Skillet:** Perfect for crisping bacon and wilting fresh spinach quickly without sticking or burning.
- **Silicone Spatula:** Helps scrape every bit of egg mixture into the dish and clean down the bowl sides smoothly.

Storage Instructions:

Allow the quiche to cool completely at room temperature before storing. Transfer slices into

an airtight container and store in the refrigerator for up to 4 to 5 days. For longer storage, wrap individual slices tightly in plastic wrap, place them in a freezer-safe bag, and freeze for up to 2 months; thaw overnight in the fridge before reheating to preserve the texture and protein quality.

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Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 35 minutes
- Total Time: 45 minutes
- Servings: 6 slices
- Best Season for This Recipe: All-Season
- Total Calories (Per Serving): ~210 kcal (approximate estimate)

Savor a high-protein breakfast classic made simple, clean, and entirely low-carb. Loaded with savory bacon, fresh spinach, and sharp cheddar, this dish delivers rich comfort in every slice. It's the ultimate make-ahead recipe for effortless weekday mornings or weekend brunches.

□ Ingredients:

- 6 large eggs (beaten well)

- ½ cup egg whites (liquified or carton)
- ½ cup unsweetened almond milk (or whole milk/heavy cream for keto)
- 4 strips cooked bacon (chopped fine)
- 1 cup fresh spinach (chopped and thoroughly squeezed dry)
- 1 cup shredded sharp cheddar cheese (divided)
- ¼ cup diced yellow onion
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Preheat & Prep: Heat your oven to 375°F (190°C) and generously spray a 9-inch pie dish with non-stick cooking spray.
2. Sauté Aromatics: In a skillet over medium heat, cook diced bacon until crisp (approx. 5 minutes), then sauté yellow onion in residual fat until soft and translucent; stir in chopped spinach for 1 minute until wilted, then drain off excess liquid.
3. Whisk Egg Base: In a large mixing bowl, vigorously whisk together large eggs, liquid egg whites, milk, garlic powder, salt, and pepper for 60 seconds until light, bubbly, and fully combined. *(High-protein tip: Adding extra egg whites boosts total protein without diluting the custard texture).*
4. Assemble: Spread the sautéed bacon, onion, spinach, and ½ cup of cheddar cheese evenly along the bottom of the prepared pie dish.

5. Pour & Top: Gently pour the egg mixture over the fillings, then sprinkle the remaining $\frac{1}{2}$ cup of cheddar cheese evenly over the top.
6. Bake to Gold: Bake at 375°F (190°C) for 30–35 minutes until the edges are golden brown and the center is set with a tiny, gentle jiggle when shaken.
7. Cool & Slice: Remove from the oven and let rest on a wire rack for 10 minutes to firm up before slicing into 6 equal portions.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 14g
- Cholesterol: 205mg
- Sodium: 480mg
- Potassium: 220mg
- Total Carbohydrates: 3g
- Fiber: 0.5g
- Net Carbs: 2.5g
- Sugars: 1g
- Protein: 17g
- Calcium: 180mg

Notes:

- Reheating: Warm individual slices in the microwave on medium power for 45–60 seconds, or heat in a 350°F (175°C) oven for 10 minutes until warmed through.
- Flavor Boost: Add a dash of hot sauce, red pepper flakes, or fresh herbs like chives and dill to elevate the flavor profile.
- Allergy Swap: For a dairy-free option, substitute dairy cheese with your favorite plant-based cheese shreds and use unsweetened almond or oat milk.