

Mini quiches



TO PREP

0:45

TO COOK

0:15

MAKES

8

Nutrition

| | |
|------------------------------|------------------------------|
| Energy 822kj | Fat saturated 4.00g |
| Fat Total 10.00g | Carbohydrate sugars 1.00g |
| Carbohydrate Total 10.00g | Dietary Fibre 2.00g |
| Protein 16.00g | Cholesterol 185.00mg |
| Sodium 548.98mg | |

All nutrition values are per serve.

Ingredients

- 8 slices wholemeal bread, crusts removed
- 20g butter, softened
- 4 green onions, ends trimmed, thinly sliced
- 8 slices shaved ham
- 1/3 cup (35g) coarsely grated cheddar
- 6 eggs, lightly whisked

Method

1. Preheat oven to 160°C. Brush 8 x 1/3- cup capacity muffin holes with melted butter to lightly grease. Use a rolling pin to gently roll out bread slices to 3mm thick. Use a 12cm-diameter pastry cutter to cut bread into discs. Spread each slice lightly with butter. Line the prepared muffin holes with bread slices.
2. Arrange green onions, ham and cheese evenly among muffin holes, then top each up with egg. Bake in oven for 15 minutes or until golden brown and just set. Place in the fridge to chill. Place in airtight containers to store.