



## Broc 'n Cheddar Crustless Quiche



1/4th of recipe: 143 calories, 4.5g total fat (2.5g sat fat), 489mg sodium, 6g carbs, 1g fiber, 2.5g sugars, 18.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 30 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

- 1 1/2 cups chopped broccoli
- 1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute
- 1/3 cup fat-free plain Greek yogurt
- 1/4 cup fat-free milk
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. each salt and black pepper
- 3/4 cup shredded reduced-fat cheddar cheese
- 2 tbsp. chopped scallions

### Directions

Preheat oven to 375 degrees. Spray a 9-inch pie pan with nonstick spray.

Place broccoli in a medium-large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 2 1/2 minutes, or until soft. Drain excess liquid.

In a large bowl, combine egg whites/substitute, yogurt, milk, and seasonings. Whisk until uniform. Add broccoli and cheese, and stir to mix.

Transfer mixture to the pie pan. Bake until firm and cooked through, about 25 minutes. Top with scallions.

MAKES 4 SERVINGS

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.