

# Crustless Greek Quiche Cups



**Serving Size**

6



**Skill Level**

Easy



**Diet Type**

Dialysis

## Ingredients

- 1 carton of whole eggs
- 2 oz crumbled feta cheese
- ½ cup finely chopped red onion
- ½ cup finely chopped cucumber
- 1 tsp ground black pepper
- 2 tbsp water

## Directions

1. Pre-heat oven to 400° F
2. Put 12 eggs in a large mixing bowl
3. Whisk eggs until well blended
4. Add cucumber, red onion, feta cheese, and black pepper and mix well
5. Add 2 Tbsp water to thin out
6. In a 12-count muffin tin, spray with non-stick spray
7. Divide the mixture evenly among the 12 muffin tins
8. Bake for 10 minutes, turn the pan around and bake for another 10 minutes, or until fully cooked inside (165° F internal temperature).

## Nutrition Facts

2 quiche cups.

Amount per serving

**Calories 176**

<b>Sodium</b>	232 mg
<b>Potassium</b>	150 mg
<b>Phosphorus</b>	164 mg
<b>Carbohydrates</b>	2 g
<b>Protein</b>	14 g