

Crustless Protein-Packed Chicken Quiche

This delicious crustless quiche is loaded with protein and perfect for a no-carb meal. It's savory, filling, and easy to make, making it a great option for any time of the day!


35 min

Total time

easy

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 37 g

Carbs 4 g

Fat 31 g

Fiber 1 g · Sugar 2 g · Sodium 650 mg

Ingredients

- 1 cup cooked chicken, shredded
- 2 large eggs
- 1/4 cup heavy cream
- 1/2 cup shredded cheese (cheddar or your choice)
- 1/4 cup spinach, chopped
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Olive oil spray

Substitutions

Heavy cream – Use an equal amount of half-and-half for a slightly lighter, less rich custard.

Spinach – Use an equal amount of finely chopped kale, removing tough stems.

Cheddar – Use the same amount of shredded Monterey Jack for a similarly melty cheese.

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a bowl, whisk together the eggs, heavy cream, garlic powder, salt, and pepper until well combined.
- 3 Add in the shredded chicken, cheese, and chopped spinach, stirring gently to combine.
- 4 Lightly spray a small baking dish with olive oil.
- 5 Pour the mixture into the dish and spread it evenly.
- 6 Bake for 25–30 minutes or until the top is golden and set.
- 7 Let it cool for a few minutes before slicing and serving.

Chef's tips

- A properly set center should look matte rather than wet and wobble only slightly when the dish is nudged.
- Shred the chicken into small, even pieces so it distributes well and each slice holds together.
- A shallow baking dish helps the quiche cook evenly; allow extra time if your dish is deep.

Drink pairing

A crisp, dry white wine such as Sauvignon Blanc

Its bright acidity balances the creamy cheese and eggs while complementing the chicken and spinach.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the quiche is done?

The top should be golden, the center should look set rather than wet, and it should have only a slight wobble when gently nudged.

Can I make it ahead?

Yes. Bake it ahead, cool it, and refrigerate covered; it keeps for 3–4 days. Reheat portions until steaming hot.

What should I serve with chicken quiche?

Pair it with a crisp green salad or sliced tomatoes for a fresh contrast to the creamy, savory filling.