

Crustless Cheeseburger Quiche

This is a favorite Atkins-friendly recipe. We frequently eat this or sometimes make a Greek version...

Recipe by Milan Fernandez | Created on **Nov 9, 2021**

Ingredients

- 3 thick slices bacon, diced
- ½ small yellow onion, diced
- 1 ½ pounds lean ground beef
- salt and ground black pepper to taste
- 1 tablespoon garlic salt
- 1 tablespoon onion powder
- 1 cup shredded Cheddar cheese, divided
- 6 eggs
- ½ cup mayonnaise
- ½ cup heavy whipping cream

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a large skillet over medium heat. Add bacon and onion; cook and stir until sizzling, about 5 minutes. Add beef; season with salt and pepper. Cook and stir until beef is no longer pink, about 5 minutes. Season with garlic salt and onion powder. Cook until browned, about 5 minutes more. Drain excess grease.
- Press beef mixture into the bottom of a 9-inch pie plate. Cover with ¾ cup shredded Cheddar cheese.
- Whisk eggs, mayonnaise, and heavy cream together in a bowl. Pour over Cheddar cheese and beef mixture in the pie plate.
- Bake in the preheated oven until set, about 45 minutes. Sprinkle remaining ¼ cup Cheddar cheese on top. Continue baking until cheese is melted, about 10 minutes.

Nutrition Facts

Serving: **1 9-inch quiche** | Calories: **453.6 kcal** | Carbohydrates: **2.7 g** | Protein: **26.7 g** | Saturated fat: **13.9 g**
| Cholesterol: **240.7 mg** | Sodium: **1081.4 mg** | Fiber: **0.1 g** | Sugar: **1 g**

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