**Instant Pot Quiche - Keto, Paleo, Whole 30**

Ingredients

* 1 tablespoon butter ghee, or coconut oil
* 1/2 cup torn spinach
* 1/2 cup diced mushrooms
* 1/4 cup diced onion
* 1/4 diced ham
* 4 eggs
* 2 tablespoons any milk unsweetened if non-dairy
* 2 tablespoons whole milk ricotta cheese omit for dairy free or Whole 30
* 1/2 cup any cheese shredded (omit for dairy free or Whole 30)
* 1/4 teaspoon [sea salt](https://amzn.to/2J8aqwl)

Instructions

* Prepare 4 [4oz ramekins](https://www.amazon.com/Bellemain-oz-Porcelain-Ramekins-Set/dp/B0176SPCYM/ref=as_sl_pc_qf_sp_asin_til?tag=domesticaheal-20&linkCode=w00&linkId=50248c4584e142a1283828570116d8ba&creativeASIN=B0176SPCYM) by greasing (be sure they fit into your [Instant Pot](https://www.amazon.com/Instant-Pot-Multi-Use-Programmable-Pressure/dp/B00FLYWNYQ/ref=as_sl_pc_tf_til?tag=domesticaheal-20&linkCode=w00&linkId=1d723e8fe792a80f7ad17ae071e87072&creativeASIN=B00FLYWNYQ))
* In [a large skillet](https://www.amazon.com/Lodge-Logic-4-Inch-Pre-Seasoned-Skillet/dp/B00006JSUA/ref=as_sl_pc_tf_til?tag=domesticaheal-20&linkCode=w00&linkId=312331532e41b1af01be0e54f772b146&creativeASIN=B00006JSUA&th=1) over medium heat, cook the vegetables and ham in the fat.
* Cook about 5 minutes until vegetables are soft, but not brown.
* Meanwhile, in a bowl, whisk the remaining ingredients.
* Stir the cooked vegetables into egg mixture.
* Add 1 cup of water to the bottom of your Instant Pot.
* Spoon the mixture evenly into the 4 ramekins and set on top on steaming trivet in the [Instant Pot.](https://www.amazon.com/Instant-Pot-Multi-Use-Programmable-Pressure/dp/B00FLYWNYQ/ref=as_sl_pc_tf_til?tag=domesticaheal-20&linkCode=w00&linkId=1d723e8fe792a80f7ad17ae071e87072&creativeASIN=B00FLYWNYQ)
* Set the 'manual' time for 6 minutes.
* Quick release.
* Remove and enjoy!!

**Nutrition Facts**

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**Amount Per Serving**

**Calories** 192Calories from Fat 126

**% Daily Value\***

**Fat** 14g**22%**

Saturated Fat 8g**50%**

**Cholesterol** 187mg**62%**

**Sodium** 419mg**18%**

**Potassium** 173mg**5%**

**Carbohydrates** 2g**1%**

**Protein** 12g**24%**

**Vitamin A** 765IU**15%**

**Vitamin C** 2.1mg**3%**

**Calcium** 155mg**16%**

**Iron** 1.1mg**6%**