



Apple and Cheddar Quiche

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 large apples cored cut into bite sized chunks)
- ☐ 4 strips bacon cut into 1 inch pieces)
- ☐ 1 cup strong cheddar grated ()
- ☐ 4 eggs lightly beaten ()
- ☐ 1 cup half and half
- ☐ 0.3 cup olive oil
- ☐ 6 sheets phyllo thawed (as directed on package)

☐ 0.5 teaspoon rosemary chopped ()

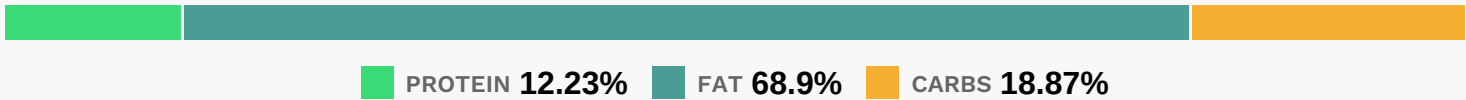
Equipment

- ☐ frying pan
- ☐ oven
- ☐ springform pan
- ☐ pie form

Directions

- ☐ Simmer the apple slices in the cider until they just start to turn tender, about 3–5 minutes, remove and set them aside.
- ☐ Simmer the remaining cider to reduce to about 2 tablespoons.
- ☐ Meanwhile, cook the bacon in a pan and set aside.
- ☐ Brush a sheet of phyllo pastry with the olive oil and fit it into the bottom of a greased 9 inch pie dish or springform pan with the ends hanging over the side of the pan and repeat with the remaining sheets placing them on top.
- ☐ Toss the apple slices in the reduced cider and spread them out over the bottom of the pan.
- ☐ Sprinkle the bacon, rosemary and cheddar cheese on top of the apples.
- ☐ Mix the eggs and half and half, pour into the pan and fold the edges of the phyllo dough that is hanging over the sides.
- ☐ Bake in a preheated 375F oven until golden brown and set in the center, about 25–45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:4.62, Inflammation Score:-4, Nutrition Score:9.1999999751215%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 7.45mg, Epicatechin: 7.45mg, Epicatechin: 7.45mg, Epicatechin: 7.45mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 372.59kcal (18.63%), Fat: 28.97g (44.57%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 15.99g (5.81%), Sugar: 13.35g (14.83%), Cholesterol: 151.75mg (50.58%), Sodium: 291.1mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Selenium: 18.61µg (26.59%), Phosphorus: 214.71mg (21.47%), Calcium: 201.27mg (20.13%), Vitamin B2: 0.33mg (19.6%), Vitamin E: 2.05mg (13.65%), Vitamin A: 536.11IU (10.72%), Vitamin B12: 0.61µg (10.18%), Zinc: 1.44mg (9.59%), Vitamin B6: 0.16mg (7.99%), Vitamin B5: 0.79mg (7.9%), Vitamin K: 8.12µg (7.73%), Fiber: 1.87g (7.46%), Potassium: 256.69mg (7.33%), Vitamin B1: 0.09mg (6.05%), Folate: 21.21µg (5.3%), Vitamin D: 0.76µg (5.06%), Magnesium: 20.1mg (5.03%), Vitamin C: 4.14mg (5.02%), Iron: 0.81mg (4.52%), Vitamin B3: 0.76mg (3.81%), Manganese: 0.07mg (3.37%), Copper: 0.06mg (3.1%)