



Arugula and Bacon Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1.5 cups flour
- ☐ 5.5 cups arugula trimmed coarsely chopped
- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 2 teaspoons balsamic vinegar
- ☐ 3 large eggs
- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 ounces gruyere cheese shredded
- ☐ 4 tablespoons water ()
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shallots chopped
- ☐ 3 tablespoons shortening chilled cut into small pieces
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()
- ☐ 1 cup whipping cream

Equipment

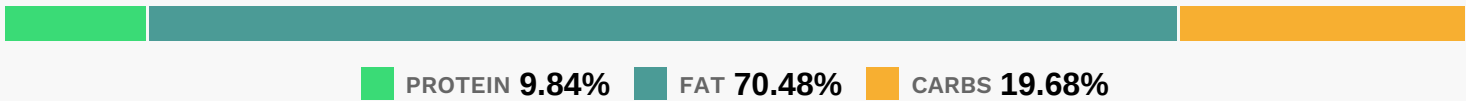
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ tart form

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter and shortening. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Mix in enough ice water to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic and chill until dough is firm enough to roll out, about 30 minutes.
- ☐ Roll out dough on floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Trim dough overhang to 1 inch. Fold overhang in and press, forming double-thick high-standing sides. Pierce crust all over with fork. Freeze crust 30 minutes. (Can be made 1 day ahead. Cover and keep frozen.)
- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Bake crust until golden brown, piercing with fork if crust bubbles, about 20 minutes.
- ☐ Transfer crust to rack. Reduce temperature to 375°F.
- ☐ Cook bacon in heavy medium skillet over medium-high heat until crisp, about 5 minutes. Using slotted spoon, transfer to paper towels and drain.
- ☐ Add shallots to same skillet and sauté until tender, about 2 minutes.
- ☐ Add arugula and sauté until just wilted, about 1 minute.

- ☐ Remove from heat.
- ☐ Add balsamic vinegar; toss to combine.
- ☐ Sprinkle arugula mixture, then bacon over crust.
- ☐ Whisk cream, eggs, salt and pepper in large bowl to blend. Stir in cheese.
- ☐ Pour mixture into crust.
- ☐ Bake quiche until filling is slightly puffed and golden, about 35 minutes.
- ☐ Let stand 10 minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:13.75, Inflammation Score:-7, Nutrition Score:11.579565255538%

Flavonoids

Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 451.73kcal (22.59%), Fat: 35.59g (54.75%), Saturated Fat: 17.94g (112.14%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.01g (7.64%), Sugar: 2.67g (2.97%), Cholesterol: 146.58mg (48.86%), Sodium: 360.46mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Selenium: 19.52µg (27.89%), Vitamin A: 1218.28IU (24.37%), Vitamin K: 19.81µg (18.87%), Vitamin B2: 0.31mg (18.47%), Folate: 72.47µg (18.12%), Vitamin B1: 0.26mg (17.65%), Phosphorus: 175.93mg (17.59%), Calcium: 154.92mg (15.49%), Manganese: 0.27mg (13.32%), Vitamin B3: 2.17mg (10.83%), Iron: 1.93mg (10.71%), Vitamin B6: 0.17mg (8.26%), Vitamin E: 1.18mg (7.89%), Zinc: 1.15mg (7.69%), Vitamin B12: 0.46µg (7.61%), Vitamin B5: 0.76mg (7.55%), Vitamin D: 1.13µg (7.52%), Potassium: 223.97mg (6.4%), Magnesium: 24.77mg (6.19%), Fiber: 1.34g (5.37%), Copper: 0.09mg (4.39%), Vitamin C: 3.42mg (4.15%)