



Asparagus Mushroom Bacon Crustless Quiche

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 pound asparagus cut into 1-inch pieces
- 4 ounces baby bella mushrooms sliced (cremini)
- 6 ounces bacon diced
- 10 servings pepper black freshly ground to taste
- 4 large eggs
- 1.5 cups heavy whipping cream
- 0.3 teaspoon salt

- 4 ounces swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- pie form

Directions

- Position oven rack to center position. Preheat oven to 400 degrees F (200 degrees C). Butter a 10-inch pie plate.
- Heat a large skillet over medium heat; cook and stir bacon in the hot skillet until crisp, 5 to 10 minutes.
- Remove bacon and drain all but 2 tablespoons grease from skillet. Cook and stir asparagus and mushrooms in the remaining bacon grease until asparagus is tender, about 5 minutes.
- Remove skillet from heat and toss bacon into asparagus mixture.
- Spread asparagus-bacon mixture into the prepared pie pan.
- Sprinkle Swiss cheese over mixture.
- Whisk cream, eggs, salt, and pepper in a bowl.
- Pour egg mixture over asparagus-cheese mixture.
- Bake in the preheated oven until quiche is set and a knife inserted in the center comes out clean, about 30 minutes.

Nutrition Facts

 **PROTEIN 13.82%**  **FAT 81.87%**  **CARBS 4.31%**

Properties

Glycemic Index:9.1, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:8.7147826319155%

Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 272.76kcal (13.64%), Fat: 25.1g (38.61%), Saturated Fat: 13.17g (82.34%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.74g (1.93%), Cholesterol: 136.51mg (45.5%), Sodium: 230.91mg (10.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.07%), Selenium: 17.52µg (25.03%), Vitamin A: 905.21IU (18.1%), Phosphorus: 175.45mg (17.54%), Vitamin B2: 0.29mg (17.32%), Calcium: 144.5mg (14.45%), Vitamin B12: 0.67µg (11.23%), Vitamin K: 10.96µg (10.44%), Zinc: 1.29mg (8.59%), Vitamin B5: 0.77mg (7.74%), Vitamin B1: 0.11mg (7.11%), Vitamin D: 1.05µg (7%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.13mg (6.65%), Folate: 26.49µg (6.62%), Copper: 0.13mg (6.59%), Vitamin E: 0.94mg (6.25%), Potassium: 201.2mg (5.75%), Iron: 1.01mg (5.62%), Magnesium: 15.05mg (3.76%), Manganese: 0.07mg (3.66%), Fiber: 0.57g (2.28%), Vitamin C: 1.48mg (1.8%)