



Asparagus Swiss Quiche

READY IN



55 min.

SERVINGS



8

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 pound asparagus fresh trimmed
- 10 bacon diced
- 3 eggs
- 1 tablespoon flour all-purpose
- 0.5 cup half and half
- 0.5 cup onion chopped
- 0.1 teaspoon pepper
- 1 pie crust dough (9 inches)
- 0.3 teaspoon salt

- 4 ounces swiss cheese shredded

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- knife
- slotted spoon

Directions

- In a skillet, cook bacon over medium heat until crisp.
- Remove with a slotted spoon to paper towels; drain, reserving 1 tablespoon drippings. In the drippings, saute onion until browned; drain.
- Cut eight asparagus spears into 4-in.-long spears for garnish.
- Cut remaining asparagus into 1-in. pieces. In a saucepan, cook all of the asparagus in a small amount of boiling water until crisp-tender; drain.
- In a bowl, toss the bacon, onion, asparagus pieces, cheese, flour, salt and pepper.
- Pour into pastry shell. In a bowl, beat eggs and cream; pour over bacon mixture. Top with asparagus spears.
- Bake at 400° for 30-35 minutes or until a knife inserted near the center comes out clean and crust is golden brown.
- Let stand for 10 minutes before cutting.

Nutrition Facts

 **PROTEIN 15.26%**  **FAT 65.97%**  **CARBS 18.77%**

Properties

Glycemic Index:24.13, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:11.798260947932%

Flavonoids

Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg, Isorhamnetin: 3.73mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 329.73kcal (16.49%), Fat: 24.25g (37.3%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.6g (4.95%), Sugar: 2.18g (2.42%), Cholesterol: 98.01mg (32.67%), Sodium: 402.07mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.23%), Selenium: 18.23µg (26.04%), Vitamin K: 25.68µg (24.45%), Phosphorus: 216.75mg (21.67%), Calcium: 173.22mg (17.32%), Vitamin B2: 0.29mg (17.26%), Vitamin B1: 0.24mg (16.01%), Folate: 57.46µg (14.37%), Vitamin A: 699.7IU (13.99%), Iron: 2.26mg (12.56%), Vitamin B12: 0.74µg (12.35%), Vitamin B3: 2.34mg (11.69%), Zinc: 1.64mg (10.94%), Manganese: 0.22mg (10.77%), Vitamin B6: 0.19mg (9.67%), Copper: 0.16mg (8.01%), Vitamin E: 1.16mg (7.7%), Fiber: 1.93g (7.7%), Vitamin B5: 0.77mg (7.68%), Potassium: 258.43mg (7.38%), Magnesium: 23.86mg (5.96%), Vitamin C: 4.05mg (4.91%), Vitamin D: 0.44µg (2.93%)