



Bacon & Tater Breakfast Quiche

READY IN



70 min.

SERVINGS



6

CALORIES



696 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 10 slices oscar mayer bacon fully cooked chopped
- 0.5 tsp pepper black
- 1 deep-dish deep-dish pie crust frozen
- 4 eggs
- 1.5 cups cup heavy whipping cream light
- 0.5 tsp nutmeg
- 0.3 cup cut scallions
- 1 cup sharp cheddar cheese shredded kraft
- 25 ore-ida tater tots (baked in advance)

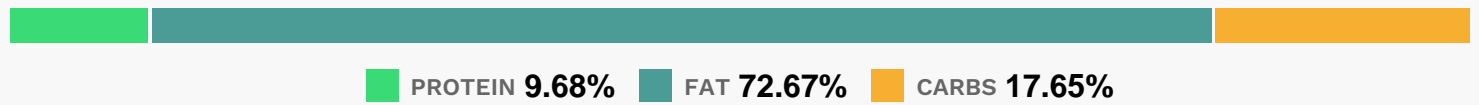
Equipment

- oven
- whisk

Directions

- PREHEAT oven to 350F degrees.
- LINE pie crust with cooked potato nuggets. Evenly spread chopped bacon over potato nuggets.
- Add chopped scallions. Top with shredded cheese; set aside.
- WHISK together cream, eggs, nutmeg and pepper.
- Pour mixture into pie shell to cover all ingredients, waiting a moment to give liquid a chance to soak down. (There may be a few tablespoons of liquid left over; discard.)
- BAKE for about 55 minutes.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:14.017391329226%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 696.06kcal (34.8%), Fat: 56.6g (87.07%), Saturated Fat: 24.64g (154.01%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 29.31g (10.66%), Sugar: 0.5g (0.56%), Cholesterol: 218.48mg (72.83%), Sodium: 732.57mg (31.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.92%), Selenium: 23.85µg (34.07%), Phosphorus: 286.8mg (28.68%), Vitamin B2: 0.4mg (23.73%), Calcium: 209.56mg (20.96%), Vitamin A: 1010.IIU (20.2%), Vitamin B1: 0.29mg (19.41%), Vitamin K: 17.69µg (16.84%), Vitamin B3: 3.22mg (16.12%), Folate: 58.42µg (14.6%), Vitamin B6: 0.28mg (13.77%), Manganese: 0.27mg (13.58%), Zinc: 1.95mg (13%), Vitamin B12: 0.76µg (12.73%), Vitamin B5: 1.14mg (11.39%), Vitamin E: 1.67mg (11.13%), Iron: 1.84mg (10.2%), Potassium: 332.76mg (9.51%), Vitamin D: 1.2µg (8.03%), Magnesium: 30.74mg (7.68%), Fiber: 1.63g (6.5%), Copper: 0.11mg (5.71%),

Vitamin C: 3.76mg (4.56%)