



Bacon-and-Leek Quiche

READY IN



45 min.

SERVINGS



20

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 pound thickly bacon sliced cut into 1/2-inch dice
- ☐ 8 ounces cave-aged gruyère cheese shredded
- ☐ 1 egg yolk
- ☐ 2 egg yolks
- ☐ 4 eggs
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 2.5 cups heavy cream
- ☐ 0.3 cup ice water
- ☐ 3 leeks white green thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 20 servings salt and pepper white freshly ground
- ☐ 1 teaspoon thyme leaves chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

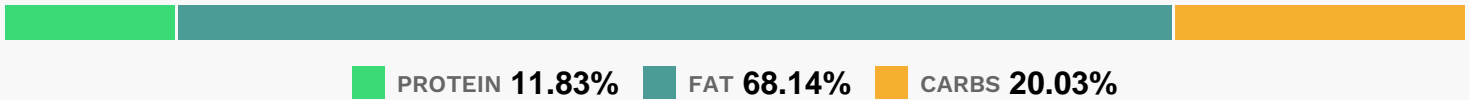
Directions

- ☐ Make the Crust: In a food processor, pulse the 2 1/2 cups of flour with the salt.
- ☐ Add the butter and pulse until it is the size of small peas.
- ☐ Add the egg yolk and ice water and pulse until the pastry is moistened. Turn the pastry out onto a floured work surface and knead 2 or 3 times, just until smooth. Pat the pastry into 2 disks, wrap in plastic and refrigerate until firm, about 20 minutes.
- ☐ Preheat the oven to 37
- ☐ On a floured surface, roll 1 disk of the pastry to a 12-inch round. Ease the pastry into a 10-inch fluted tart pan with a removable bottom without stretching. Trim the excess and use it to patch any holes. Refrigerate the tart shell for 10 minutes. Repeat with the remaining pastry.
- ☐ Line the tart shells with foil and fill with pie weights or dried beans.
- ☐ Bake the tart shells for 30 minutes, just until dry.
- ☐ Remove the foil and pie weights and bake the crusts for about 15 minutes longer, until they are dry and golden.
- ☐ Transfer the tart pans to 2 sturdy baking sheets.

- ☐
- Meanwhile, Make the Filling: In a large skillet, cook the bacon over moderately high heat, stirring, until browned and crisp, about 7 minutes.

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Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:9.24, Inflammation Score:-6, Nutrition Score:9.1982608256133%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 334.31kcal (16.72%), Fat: 25.39g (39.06%), Saturated Fat: 12.61g (78.82%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 15.59g (5.67%), Sugar: 1.52g (1.69%), Cholesterol: 121.82mg (40.61%), Sodium: 307.5mg (13.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.83%), Selenium: 18.37µg (26.24%), Vitamin A: 873.09IU (17.46%), Phosphorus: 154.98mg (15.5%), Vitamin B2: 0.26mg (15.47%), Vitamin B1: 0.21mg (14.08%), Manganese: 0.27mg (13.33%), Calcium: 125.4mg (12.54%), Folate: 49.03µg (12.26%), Vitamin B3: 1.93mg (9.63%), Iron: 1.68mg (9.32%), Vitamin K: 7.59µg (7.23%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.14mg (7.17%), Vitamin B12: 0.41µg (6.87%), Vitamin D: 0.96µg (6.38%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.75mg (5%), Fiber: 1.2g (4.8%), Magnesium: 18.22mg (4.56%), Copper: 0.08mg (4.14%), Potassium: 139.82mg (3.99%), Vitamin C: 2.36mg (2.86%)