

Bacon Broccoli Quiche

READY IN



80 min.

SERVINGS



8

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 cups broccoli frozen dry thawed chopped
- 1 tablespoon butter melted
- 12 bacon crumbled cooked
- 1 tablespoon dehydrated onion dried minced
- 3 eggs
- 2 tablespoons flour all-purpose
- 8 medium mushrooms fresh chopped
- 8 medium mushrooms fresh chopped
- 0.5 cup mayonnaise

- 1.5 cups milk
- 8 ounces monterrey jack cheese shredded
- 1 sheet pie crust dough refrigerated
- 1 teaspoon salt

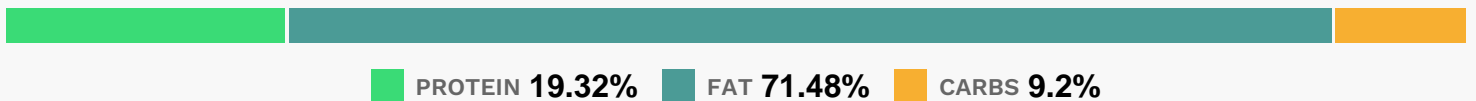
Equipment

- bowl
- oven
- knife
- whisk

Directions

- In a large bowl, combine the first five ingredients.
- Whisk in eggs, one at a time. Stir in the milk, broccoli, bacon, mushrooms and cheese.
- Line a 9-in. deep-dish pie plate with pastry. Trim pastry to 1/2 in. beyond edge of plate; flute edges.
- Pour broccoli mixture into crust.
- Bake at 350° for 55–60 minutes or until a knife inserted near the center comes out clean.
- Let stand for 10–15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:16.32869569115%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 349.41kcal (17.47%), Fat: 28.02g (43.11%), Saturated Fat: 10.83g (67.68%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.78g (2.47%), Sugar: 4g (4.44%), Cholesterol: 113.62mg (37.87%), Sodium: 816.72mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.09%), Vitamin K: 57.54µg (54.8%), Vitamin C: 30.66mg (37.16%), Phosphorus: 311.42mg (31.14%), Selenium: 21.32µg (30.45%), Calcium: 298.54mg (29.85%), Vitamin B2: 0.47mg (27.86%), Vitamin B3: 2.98mg (14.89%), Vitamin B5: 1.39mg (13.89%), Zinc: 1.99mg (13.26%), Vitamin B12: 0.79µg (13.24%), Vitamin A: 644.2IU (12.88%), Vitamin B6: 0.25mg (12.49%), Vitamin B1: 0.18mg (11.73%), Potassium: 408.54mg (11.67%), Folate: 45.08µg (11.27%), Copper: 0.17mg (8.65%), Vitamin D: 1.15µg (7.68%), Magnesium: 30.2mg (7.55%), Vitamin E: 1.08mg (7.23%), Iron: 1.16mg (6.44%), Manganese: 0.12mg (6.11%), Fiber: 1.33g (5.32%)