

Bacon Cheddar Quiche

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon ground pepper
- 14 bacon crumbled cooked
- 1 tablespoon dehydrated onion dried minced
- 5 eggs
- 5 ounces evaporated milk canned
- 6 ounces mushrooms drained sliced
- 4 ounces cheddar cheese shredded

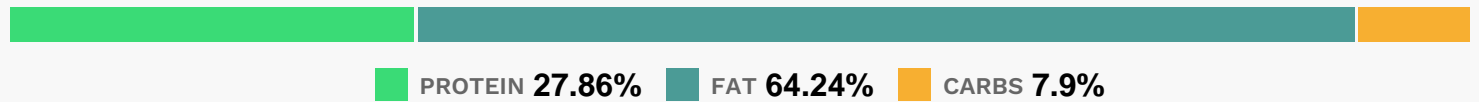
Equipment

- bowl
- knife
- microwave

Directions

- In a greased 9-in. microwave-safe pie plate, layer the bacon, cheese, mushrooms and onion. In a large bowl, beat the eggs, milk and cayenne; pour over the onion.
- Microwave, uncovered, on high for 4-1/2 minutes, stirring twice. Cook 1-2 minutes longer or until a knife inserted near the center comes out clean.
- Let stand for 5 minutes or until set.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:11.570434725803%

Nutrients (% of daily need)

Calories: 258.21kcal (12.91%), Fat: 18.37g (28.25%), Saturated Fat: 8.12g (50.74%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.45g (3.84%), Cholesterol: 180.63mg (60.21%), Sodium: 515.93mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Selenium: 29.3µg (41.85%), Phosphorus: 306.69mg (30.67%), Vitamin B2: 0.48mg (28.5%), Calcium: 220.98mg (22.1%), Vitamin B3: 3.08mg (15.41%), Vitamin B5: 1.44mg (14.35%), Zinc: 2.09mg (13.9%), Vitamin B12: 0.78µg (12.99%), Vitamin B6: 0.23mg (11.6%), Vitamin B1: 0.16mg (10.88%), Vitamin A: 485.57IU (9.71%), Potassium: 335.23mg (9.58%), Copper: 0.15mg (7.5%), Folate: 29.38µg (7.35%), Vitamin D: 1µg (6.68%), Magnesium: 24.4mg (6.1%), Iron: 1.06mg (5.86%), Vitamin E: 0.67mg (4.48%), Manganese: 0.04mg (2.21%), Vitamin C: 1.73mg (2.1%), Fiber: 0.38g (1.53%)