

## Bacon Quiche Tarts

READY IN



40 min.

SERVINGS



10

CALORIES



265 kcal

### Ingredients

- 5 slices bacon
- 10 ounce biscuits refrigerated canned
- 8 ounce cream cheese softened
- 2 eggs
- 2 tablespoons spring onion chopped
- 2 tablespoons milk
- 0.5 cup swiss cheese shredded

### Equipment

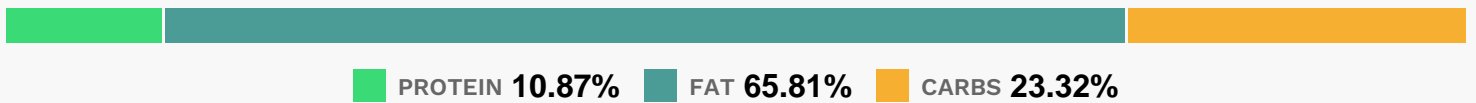
- bowl

- frying pan
- oven
- hand mixer
- muffin liners

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease 10 muffin cups.
- Place bacon in a large, deep skillet. Cook over medium high heat until crisp and evenly brown.
- Drain, crumble, and set aside.
- Place the cream cheese, milk, and eggs in a medium bowl, and beat until smooth with an electric mixer set on Low. Stir in Swiss cheese and green onion, and set aside.
- Separate dough into 10 biscuits. Press into the bottom and sides of each muffin cup, forming 1/4 inch rims.
- Sprinkle half of the bacon into the bottoms of the dough-lined muffin cups. Spoon about 2 tablespoons of the cream cheese mixture into each cup.
- Bake 20 to 25 minutes in the preheated oven, until filling is set and rims of the tarts are golden brown.
- Sprinkle with the remaining bacon, and lightly press into the filling.
- Remove from pan, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18.9, Glycemic Load:9.13, Inflammation Score:-3, Nutrition Score:6.5226086391055%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 264.71kcal (13.24%), Fat: 19.45g (29.93%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 15.11g (5.5%), Sugar: 2.04g (2.27%), Cholesterol: 68.57mg (22.86%), Sodium: 434.9mg (18.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Phosphorus: 213.9mg (21.39%), Selenium: 13.88µg (19.83%), Vitamin B2: 0.21mg (12.09%), Vitamin B1: 0.16mg (10.87%), Calcium: 93.98mg (9.4%), Vitamin A: 418.39IU (8.37%), Vitamin B3: 1.43mg (7.16%), Folate: 27.28µg (6.82%), Vitamin B12: 0.4µg (6.7%), Iron: 1.18mg (6.58%), Manganese: 0.12mg (5.98%), Vitamin E: 0.75mg (5%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.45mg (4.46%), Vitamin K: 4.23µg (4.03%), Potassium: 139.01mg (3.97%), Vitamin B6: 0.08mg (3.83%), Magnesium: 11.62mg (2.9%), Copper: 0.04mg (2.11%), Vitamin D: 0.25µg (1.69%), Fiber: 0.4g (1.6%)