



## Canadian Bacon-and-Brie Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 8 ounce round of président brie
- 16 slices canadian bacon
- 8 servings ice fresh
- 8 large eggs lightly beaten
- 0.5 teaspoon seasoning italian
- 0.5 cup mayonnaise
- 0.5 teaspoon parmesan cheese grated
- 0.5 teaspoon pepper white

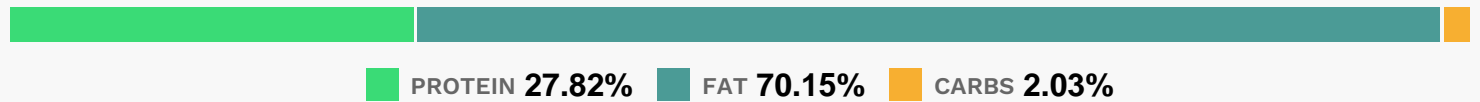
## Equipment

- bowl
- oven
- knife

## Directions

- Arrange bacon slices on bottom and up sides of a lightly greased 9-inch pieplate, slightly overlapping slices.
- Remove rind from Brie, and cut into cubes.
- Stir together eggs, cubed Brie, mayonnaise, and next 3 ingredients in a bowl.
- Pour mixture into prepared pieplate.
- Bake at 375 for 30 to 35 minutes or until a knife inserted in center comes out clean.
- Let quiche stand 5 minutes before serving.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:14.517391338297%

## Nutrients (% of daily need)

Calories: 353.03kcal (17.65%), Fat: 27.15g (41.77%), Saturated Fat: 9.45g (59.08%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.4g (0.44%), Cholesterol: 249mg (83%), Sodium: 858.98mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Selenium: 34.16µg (48.8%), Vitamin B1: 0.47mg (31.34%), Phosphorus: 296.6mg (29.66%), Vitamin B2: 0.48mg (28.19%), Vitamin K: 24.4µg (23.24%), Vitamin B12: 1.32µg (21.93%), Vitamin B6: 0.38mg (18.84%), Vitamin B3: 3.71mg (18.55%), Vitamin D: 2.77µg (18.45%), Zinc: 2.15mg (14.34%), Vitamin B5: 1.28mg (12.85%), Folate: 45.82µg (11.46%), Vitamin A: 471.19IU (9.42%), Calcium: 91.28mg (9.13%), Potassium: 314.93mg (9%), Iron: 1.51mg (8.37%), Vitamin E: 1.2mg (7.98%), Magnesium: 22.3mg (5.57%), Copper: 0.07mg (3.59%), Manganese: 0.05mg (2.48%)