



WHATSheATE



Canadian Bacon and Potato Quiche

READY IN



80 min.

SERVINGS



8

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup asparagus fresh
- ☐ 1 cup canadian bacon diced canadian-style
- ☐ 4 eggs
- ☐ 6 ounces havarti cheese shredded
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 cup milk
- ☐ 1 cup potatoes diced frozen country-style thawed
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 teaspoon salt

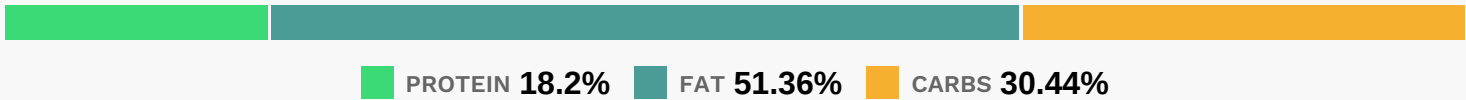
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 375°F.
- ☐ Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie.
- ☐ Bake about 8 minutes or until light golden brown.
- ☐ Layer potatoes, asparagus, bacon and cheese in partially baked crust. Beat eggs, milk, marjoram and salt until well blended.
- ☐ Pour over mixture in pie plate.
- ☐ Bake 45 to 50 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:3.99, Inflammation Score:-5, Nutrition Score:14.396521671959%

Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 420.84kcal (21.04%), Fat: 23.91g (36.78%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 29.7g (10.8%), Sugar: 2.07g (2.3%), Cholesterol: 119mg (39.67%), Sodium: 749.79mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.13%), Phosphorus: 318.61mg (31.86%), Vitamin B1: 0.44mg (29.41%), Selenium: 19.85µg (28.36%), Vitamin B2: 0.38mg (22.39%), Calcium: 198.1mg (19.81%), Vitamin B3: 3.7mg (18.52%), Folate: 72.21µg (18.05%), Manganese: 0.31mg (15.74%), Vitamin B6: 0.31mg (15.41%), Vitamin B12: 0.85µg (14.2%), Iron: 2.49mg (13.83%), Zinc: 2.06mg (13.75%), Vitamin D: 1.66µg (11.07%), Potassium: 385.07mg (11%), Vitamin K: 11.31µg (10.77%), Vitamin B5: 1mg (10.03%), Vitamin A: 464.98IU (9.3%), Fiber: 2.18g

(8.73%), Magnesium: 32.95mg (8.24%), Vitamin C: 6.22mg (7.54%), Copper: 0.15mg (7.27%), Vitamin E: 0.88mg (5.84%)