



Canadian Bacon Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 slices canadian bacon cut into bite-sized pieces
- 4 eggs
- 0.3 cup green onion
- 0.8 cup milk
- 15 oz ready-to-use pie crusts refrigerated (1 crust)
- 1 roma tomato thinly sliced
- 0.3 cup sharp cheddar cheese shredded kraft
- 3 big swiss cheese cut into quarters kraft

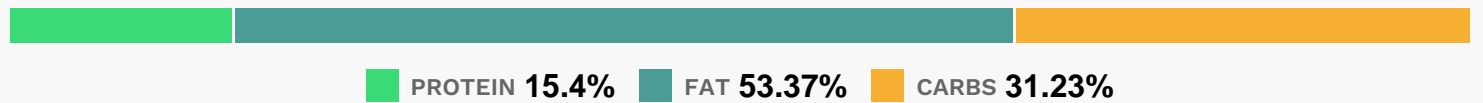
Equipment

- oven
- whisk

Directions

- Preheat oven to 400F. Prepare pie crust as directed on pkg. for unfilled 1-crust pie, using 9-inch pie plate sprayed with cooking spray. Arrange Swiss cheese pieces evenly on bottom of pie crust; top with the Canadian bacon.
- Beat eggs and milk with wire whisk until well blended; pour into crust.
- Sprinkle with onions and shredded cheese; top with tomato slices.
- Bake 15 min. Reduce heat to 350F; continue baking 25 to 30 min. or until center is set and top is lightly browned.
- Let stand 10 min. before cutting into 6 wedges to serve.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:14.181739205899%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 484.69kcal (24.23%), Fat: 28.49g (43.84%), Saturated Fat: 10.36g (64.72%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 35.51g (12.91%), Sugar: 1.96g (2.18%), Cholesterol: 139.64mg (46.55%), Sodium: 648.46mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (37.01%), Selenium: 24.67µg (35.24%), Vitamin B1: 0.45mg (29.74%), Phosphorus: 283.55mg (28.35%), Vitamin B2: 0.4mg (23.38%), Vitamin B3: 3.83mg (19.17%), Calcium: 182.66mg (18.27%), Folate: 70.51µg (17.63%), Manganese: 0.35mg (17.43%), Vitamin B12: 0.92µg (15.39%), Iron: 2.66mg (14.77%), Vitamin K: 15.03µg (14.31%), Zinc: 1.8mg (11.98%), Vitamin B6: 0.24mg (11.75%), Vitamin D: 1.75µg (11.66%), Vitamin B5: 1.07mg (10.67%), Vitamin A: 453.86IU (9.08%), Potassium: 298.67mg (8.53%), Fiber: 2g (8.02%), Magnesium: 28.7mg (7.18%), Vitamin E: 0.87mg (5.83%), Copper: 0.1mg (5.13%), Vitamin

C: 2.2mg (2.67%)