



Carnation® Quiche Lorraine

READY IN



55 min.

SERVINGS



8

CALORIES



1429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 slices bacon
- 9 inch deep dish pie crust (4-cup volume)
- 3 large eggs
- 12 fluid ounce evaporated milk canned
- 0.1 teaspoon nutmeg
- 0.1 teaspoon pepper black
- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 1.5 cups swiss cheese shredded

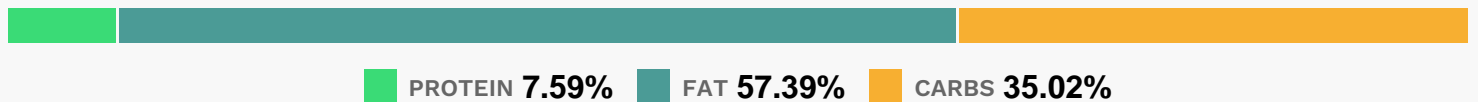
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- aluminum foil

Directions

- PREHEAT oven to 350 degrees F.
- COOK bacon in large skillet over medium heat. When bacon starts to turn brown, add onion. Cook until bacon is crisp; drain.
- Sprinkle cheese into bottom of pie shell. Top with bacon mixture.
- Combine evaporated milk, eggs, salt, pepper and nutmeg in small bowl until blended.
- Pour into pie shell.
- BAKE for 30 to 35 minutes or until knife inserted halfway between center and edge comes out clean. Cool for 5 minutes on wire rack before serving.
- NOTE: Quiche fits a variety of meal occasions from brunch to dinner and also makes an outstanding appetizer. If using metal or foil pans, bake on preheated heavy-duty baking sheet.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:25.27043498599%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin:

2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 1429.21kcal (71.46%), Fat: 91.06g (140.09%), Saturated Fat: 29.18g (182.4%), Carbohydrates: 125.02g (41.67%), Net Carbohydrates: 121.28g (44.1%), Sugar: 4.96g (5.51%), Cholesterol: 112.34mg (37.45%), Sodium: 1190.92mg (51.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.17%), Manganese: 1.24mg (61.95%), Folate: 211.88µg (52.97%), Phosphorus: 443.07mg (44.31%), Vitamin B1: 0.66mg (43.87%), Selenium: 27.68µg (39.55%), Vitamin B2: 0.67mg (39.23%), Vitamin K: 38.83µg (36.99%), Calcium: 360.71mg (36.07%), Vitamin B3: 7.14mg (35.72%), Iron: 6.28mg (34.88%), Vitamin E: 3.62mg (24.1%), Zinc: 2.85mg (19.01%), Vitamin B5: 1.68mg (16.77%), Vitamin B12: 0.93µg (15.53%), Magnesium: 60.81mg (15.2%), Fiber: 3.74g (14.98%), Potassium: 453.83mg (12.97%), Vitamin B6: 0.24mg (12.19%), Copper: 0.24mg (12.13%), Vitamin A: 381.84IU (7.64%), Vitamin D: 0.49µg (3.24%), Vitamin C: 1.58mg (1.92%)