

## Cheddar Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 slices bacon chopped
- 1 cup baking mix all-purpose
- 4 eggs
- 12 fluid ounce evaporated milk canned
- 0.3 teaspoon ground pepper black
- 0.3 cup milk
- 1 small onion chopped
- 0.3 teaspoon pepper sauce hot
- 1 teaspoon salt

2 cups cheddar cheese shredded

## Equipment

- bowl
- frying pan
- oven
- pie form

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9 inch pie pan.
- In a medium bowl, mix together the baking mix, 1/4 teaspoon salt, and pepper. Gradually mix in the milk until moistened. Knead a few times on a floured board.
- Roll dough out to a 12 inch circle, and press into the greased pie pan. Fold edges, and flute.
- Place bacon and onion in a large, deep skillet over medium-high heat, and cook until bacon is evenly brown.
- Drain, and crumble bacon.
- Sprinkle bacon, onion, and Cheddar cheese into the pie pan.
- In a medium bowl, beat eggs with 1 teaspoon salt and hot pepper sauce, then slowly stir in hot evaporated milk.
- Pour into the pie shell.
- Bake 5 minutes in the preheated oven, then reduce heat to 350 degrees F (175 degrees C). Continue baking 25 minutes, or until center is almost set. Do not over bake - the quiche will set as it cools.

## Nutrition Facts

 PROTEIN **19.18%**  FAT **60.13%**  CARBS **20.69%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:10.786521605823%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## **Nutrients (% of daily need)**

Calories: 314.97kcal (15.75%), Fat: 20.97g (32.26%), Saturated Fat: 10.03g (62.71%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.76g (5.73%), Sugar: 7.24g (8.04%), Cholesterol: 129.92mg (43.31%), Sodium: 807.24mg (35.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.11%), Phosphorus: 375.53mg (37.55%), Calcium: 370.06mg (37.01%), Selenium: 18.79µg (26.85%), Vitamin B2: 0.45mg (26.71%), Zinc: 1.91mg (12.72%), Vitamin B12: 0.72µg (12.01%), Vitamin A: 528.72IU (10.57%), Vitamin B1: 0.16mg (10.45%), Folate: 40.25µg (10.06%), Vitamin B5: 0.96mg (9.65%), Potassium: 256.39mg (7.33%), Magnesium: 27.87mg (6.97%), Vitamin B6: 0.13mg (6.47%), Vitamin B3: 1.15mg (5.76%), Iron: 0.99mg (5.51%), Vitamin D: 0.8µg (5.32%), Manganese: 0.08mg (4.2%), Vitamin E: 0.58mg (3.84%), Copper: 0.06mg (3.17%), Vitamin K: 2.16µg (2.05%), Vitamin C: 1.63mg (1.97%), Fiber: 0.48g (1.92%)