



## Cheese & Bacon Quiche

READY IN



65 min.

SERVINGS



5

CALORIES



433 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 19-inch deep-dish pie crust frozen thawed ()
- 5 eggs
- 2 green onions chopped
- 1 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 1 bell pepper red chopped

## Equipment

- frying pan
- baking sheet
- oven
- knife
- whisk

## Directions

- Heat oven to 400F.
- Prick bottom and side of pie crust with fork.
- Bake 8 min. or until lightly browned. Meanwhile, cook peppers in large nonstick skillet on medium heat 5 min. or until crisp-tender, stirring occasionally.
- Reduce oven temperature to 375F.
- Spread peppers onto bottom of pie crust; top with onions, cheese and bacon.
- Whisk remaining ingredients until blended; pour over ingredients in pie crust.
- Place on rimmed baking sheet.
- Bake 45 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:20.4, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:12.573043429333%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 433.17kcal (21.66%), Fat: 29.07g (44.73%), Saturated Fat: 8.12g (50.77%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26.02g (9.46%), Sugar: 3.81g (4.23%), Cholesterol: 180.35mg (60.12%), Sodium: 493.84mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.39%), Vitamin C: 31.37mg (38.02%), Selenium: 18.56µg (26.51%), Vitamin A: 1073.6IU (21.47%), Vitamin B2: 0.32mg (19%), Folate: 69.5µg (17.38%), Vitamin K: 18.06µg (17.2%), Phosphorus: 162.11mg (16.21%), Manganese: 0.26mg (13.2%), Vitamin B1: 0.18mg (12.08%), Iron: 2.04mg (11.33%), Vitamin B6: 0.21mg (10.66%), Calcium: 105.29mg (10.53%), Vitamin B5: 1.05mg (10.5%), Vitamin E: 1.49mg (9.93%), Vitamin B3: 1.97mg (9.85%), Vitamin B12: 0.55µg (9.09%), Vitamin D: 1.11µg (7.41%), Zinc: 1.08mg (7.17%), Potassium: 224.18mg (6.41%), Fiber: 1.58g (6.32%), Magnesium: 19.41mg (4.85%), Copper: 0.08mg (4.06%)