



Classic Quiche Lorraine

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 slices bacon crumbled cooked
- ☐ 3 eggs
- ☐ 6 servings gruyere cheese
- ☐ 1.5 cups half and half
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 9-inch pie crust dough
- ☐ 0.3 teaspoon salt

☐ 1.5 cup swiss chard shredded

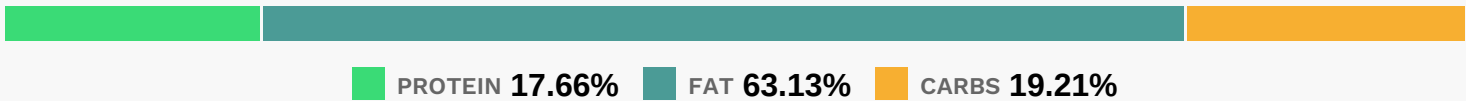
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Arrange pie crust in a 9-inch pie plate; press a double layer of aluminum foil into crust.
- ☐ Bake at 450 degrees for 8 minutes; remove aluminum foil and bake an additional 4 to 5 minutes, until crust is set. Cool on a wire rack.
- ☐ Saut onion in one tablespoon reserved drippings until tender; drain. Spoon bacon and onion evenly into baked crust. In a large bowl, whisk together eggs, half-and-half and seasonings; add cheese and whisk to combine.
- ☐ Pour into crust; set pie plate on a baking sheet.
- ☐ Bake at 450 degrees for 35 to 40 minutes until quiche is golden, puffed and a knife inserted in center comes out clean.
- ☐ If necessary, cover edges of crust with foil to prevent burning.
- ☐ Remove from oven; let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:16.327825836513%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 446.34kcal (22.32%), Fat: 31.23g (48.04%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 20.06g (7.29%), Sugar: 3.58g (3.97%), Cholesterol: 146.57mg (48.86%), Sodium: 714.7mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Vitamin K: 79.01µg (75.24%), Calcium: 396.87mg (39.69%), Phosphorus: 357.6mg (35.76%), Selenium: 20.53µg (29.32%), Vitamin A: 1172.95IU (23.46%), Vitamin B2: 0.4mg (23.31%), Vitamin B12: 0.91µg (15.12%), Zinc: 2.23mg (14.88%), Vitamin B1: 0.21mg (13.91%), Manganese: 0.23mg (11.51%), Vitamin B3: 2.19mg (10.97%), Folate: 43.28µg (10.82%), Vitamin B6: 0.2mg (9.85%), Vitamin B5: 0.97mg (9.74%), Magnesium: 37.14mg (9.29%), Iron: 1.64mg (9.14%), Potassium: 282.23mg (8.06%), Vitamin E: 0.84mg (5.59%), Vitamin C: 4.6mg (5.58%), Fiber: 1.32g (5.28%), Copper: 0.09mg (4.6%), Vitamin D: 0.66µg (4.42%)