



## Country Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 8 slices bacon
- 1 teaspoon parsley dried
- 0.3 teaspoon thyme dried
- 4 eggs
- 2 tablespoons flour all-purpose
- 2 tablespoons milk
- 1 small onion chopped
- 8 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

- 0.3 cup mozzarella cheese shredded
- 1 9-inch pie crust dough ( )

## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain (reserving 1 tablespoon of grease) crumble bacon and set aside.
- Heat reserved bacon grease in skillet and saute onion until soft.
- In a large bowl, beat together eggs, milk, flour, parsley, thyme, salt and pepper.
- Add bacon, onion, mozzarella and cheddar cheese; mix well.
- Pour mixture into pie crust.
- Bake in preheated oven for 45 minutes, or until lightly brown on top and firm in the middle.
- Serve warm.

## Nutrition Facts



**PROTEIN 13.84%** **FAT 64.84%** **CARBS 21.32%**

## Properties

Glycemic Index:24.25, Glycemic Load:1.35, Inflammation Score:-3, Nutrition Score:6.9121740201245%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg 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: 289.46kcal (14.47%), Fat: 20.68g (31.81%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.45g (5.26%), Sugar: 0.7g (0.78%), Cholesterol: 106.64mg (35.55%), Sodium: 542.94mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Selenium: 15.95µg (22.78%), Phosphorus: 146.44mg (14.64%), Vitamin B2: 0.22mg (12.89%), Vitamin B1: 0.16mg (10.83%), Calcium: 93.54mg (9.35%), Folate: 34.77µg (8.69%), Vitamin B3: 1.71mg (8.56%), Vitamin B12: 0.48µg (8.01%), Manganese: 0.15mg (7.46%), Iron: 1.3mg (7.22%), Zinc: 1.06mg (7.09%), Vitamin B6: 0.13mg (6.42%), Vitamin B5: 0.63mg (6.28%), Vitamin A: 229.3IU (4.59%), Vitamin D: 0.63µg (4.17%), Potassium: 127.3mg (3.64%), Vitamin E: 0.51mg (3.39%), Magnesium: 13.5mg (3.37%), Fiber: 0.84g (3.36%), Vitamin K: 2.9µg (2.76%), Copper: 0.05mg (2.66%)