



Cremini Mushroom, Bacon, and Shallot Crustless Quiche

 Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 slices bacon thin
- 8 servings pepper black freshly ground
- 2 large egg yolks
- 2 large eggs
- 2 tablespoons flat-leaf parsley minced
- 2 tablespoons chives fresh snipped
- 1 clove garlic chopped

- 2 cups half-and-half
- 0.5 teaspoon kosher salt plus more for seasoning
- 1 pound a combination of cultivated and mushrooms wild cleaned trimmed thinly sliced
- 1 pinch nutmeg generous freshly grated
- 2 tablespoons parmesan cheese freshly grated
- 6 medium shallots finely chopped
- 4 ounces swiss cheese grated
- 4 tablespoons butter unsalted

Equipment

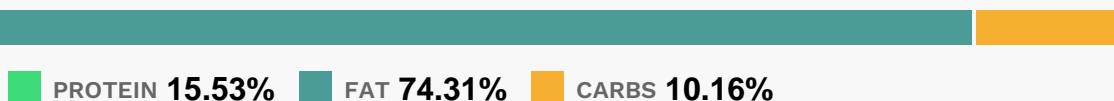
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- measuring cup
- ceramic pie form

Directions

- Preheat oven to 350 degrees F. Cook the bacon in a medium skillet, over medium-high heat until just crisp.
- Transfer to paper towels to drain. Discard all but 2 tablespoons of the fat in the pan.
- Add 2 tablespoons butter, the mushrooms and 1/2 teaspoon salt. Cook, stirring over medium heat, until the mushroom juices evaporate, about 7 to 10 minutes.
- Add the shallots and cook until tender and mushrooms are golden, about 3 minutes more.
- Add the garlic and parsley.
- Remove from heat, cool slightly.
- Brush a 9-inch glass or ceramic pie pan with the remaining butter and sprinkle evenly with the grated Parmesan.

- Place pan on a baking sheet. Scatter half the Gruyere into the pan and crumble the bacon on top.
- Add 3/4 of the mushrooms, then the remaining cheese.
- Whisk the half-and-half, eggs and yolks in large glass measuring cup. Season with salt, pepper, and nutmeg to taste.
- Pour the custard over the fillings. Top with remaining mushroom mixture and sprinkle with chives.
- Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:13.144347957943%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 341.74kcal (17.09%), Fat: 28.7g (44.16%), Saturated Fat: 14.41g (90.08%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.56g (2.75%), Sugar: 5.23g (5.82%), Cholesterol: 157.41mg (52.47%), Sodium: 402.32mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.99%), Selenium: 22.92µg (32.74%), Vitamin B2: 0.5mg (29.33%), Phosphorus: 283.47mg (28.35%), Calcium: 229.35mg (22.94%), Vitamin K: 19.88µg (18.93%), Vitamin B5: 1.6mg (16.01%), Vitamin A: 772.83IU (15.46%), Vitamin B3: 3.08mg (15.41%), Vitamin B12: 0.9µg (14.98%), Vitamin B6: 0.27mg (13.34%), Zinc: 1.83mg (12.18%), Copper: 0.24mg (11.93%), Potassium: 413.33mg (11.81%), Vitamin B1: 0.15mg (10.23%), Folate: 33.9µg (8.48%), Magnesium: 26.01mg (6.5%), Vitamin C: 5.12mg (6.21%), Iron: 1.08mg (6.02%), Manganese: 0.12mg (5.99%), Vitamin D: 0.79µg (5.28%), Fiber: 1.28g (5.11%), Vitamin E: 0.76mg (5.09%)