



Crepe Quiche Lorraine

READY IN

ready

120 min.

SERVINGS

servings

6

CALORIES

calories

191 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- ANTIPASTI

Ingredients

- ☐ 2 strips bacon crumbled cooked
- ☐ 1 large eggs
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons herbs fresh chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup onion sliced
- ☐ 0.3 cup cheddar cheese shredded

- ☐ 1 teaspoon butter unsalted
- ☐ 1.5 tablespoons butter unsalted melted plus more for the pan
- ☐ 0.8 cup milk whole
- ☐ 6 tablespoons milk whole

Equipment

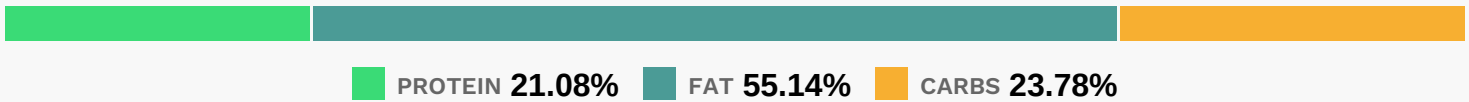
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ziploc bags
- ☐ muffin tray
- ☐ cutting board

Directions

- ☐ Make the crepes: In a blender, combine all of the crepe ingredients (except the butter for coating the pan) and 1/4 cup water. Pulse 10 seconds.
- ☐ Place the crepe batter in the refrigerator for 1 hour; this allows the bubbles to subside so the crepes will be less likely to tear during cooking. The batter will keep for up to 48 hours in the refrigerator.
- ☐ Heat a small (about 6-inch) nonstick skillet over medium-low heat.
- ☐ Add butter to coat.
- ☐ Pour a scant 1/4 cup batter into the center of the pan and swirl to spread evenly. Cook 30 seconds and flip. Cook 10 more seconds and remove to a cutting board. Repeat until all of the batter is gone, laying the crepes out flat so they can cool. After they have cooled, you can stack them and refrigerate in sealed plastic bags for several days or freeze for up to 2 months.
- ☐ Make the quiches: Preheat the oven to 325 degrees F. In a small saute pan, melt the butter and sweat the onion until translucent. In a small bowl, mix the onion and crumbled bacon together. In a separate bowl, whisk the eggs with the milk and season with salt and pepper.

- ☐ In a nonstick 6-cup muffin tin, place one crepe in each cup. Make sure the edges of the crepes are slightly pleated and overlap the edges of the cups slightly. Spoon the bacon and onion mixture into each cup. Distribute the cheese evenly among the cups.
- ☐ Pour the egg mixture into the cups so all the quiches are the same size.
- ☐ Transfer to the oven; bake 25 to 30 minutes, or until the egg mixture is completely set.
- ☐ Let rest 5 minutes before serving.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:6.74, Inflammation Score:-4, Nutrition Score:9.2608697207078%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 190.71kcal (9.54%), Fat: 11.59g (17.83%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.81g (3.93%), Sugar: 2.68g (2.98%), Cholesterol: 177.13mg (59.04%), Sodium: 395.98mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Selenium: 19.95µg (28.5%), Vitamin K: 22.6µg (21.53%), Vitamin B2: 0.34mg (19.78%), Phosphorus: 175.36mg (17.54%), Calcium: 119.01mg (11.9%), Vitamin B12: 0.7µg (11.71%), Vitamin A: 567.62IU (11.35%), Folate: 43.06µg (10.76%), Vitamin B1: 0.14mg (9.64%), Vitamin D: 1.44µg (9.59%), Vitamin B5: 0.92mg (9.22%), Iron: 1.35mg (7.47%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.13mg (6.5%), Vitamin B3: 1mg (5.02%), Potassium: 172.04mg (4.92%), Manganese: 0.1mg (4.86%), Vitamin E: 0.62mg (4.17%), Magnesium: 16.28mg (4.07%), Copper: 0.06mg (2.76%), Vitamin C: 2.27mg (2.75%), Fiber: 0.44g (1.75%)