



## Crustless Bacon and Cheese Quiche

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 12 slices oscar mayer bacon
- 1 cup milk cheddar cheese shredded 2% kraft
- 0.3 cup knudsen cream light sour
- 12 eggs
- 1 cup mushrooms fresh sliced
- 5 green onions divided chopped
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 tomatoes divided chopped

## Equipment

- frying pan
- paper towels
- oven
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Reserve 2 Tbsp. each onions and tomatoes. Cook bacon in large skillet until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add mushrooms to reserved drippings; cook and stir 2 min. or until tender.
- Remove from heat. Crumble bacon.
- Add to skillet with remaining onions and tomatoes; mix well.
- Beat eggs and sour cream with whisk until blended.
- Pour into 13x9-inch baking dish sprayed with cooking spray; top with bacon mixture and cheeses.
- Bake 30 min. or until center is set. Top with reserved onions and tomatoes.
- Let stand 5 min. before cutting to serve.

## Nutrition Facts



**PROTEIN 22.68%** **FAT 73.01%** **CARBS 4.31%**

## Properties

Glycemic Index:3.47, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.4695651997691%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## **Nutrients (% of daily need)**

Calories: 62.66kcal (3.13%), Fat: 5.05g (7.77%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.23g (0.25%), Cholesterol: 52.59mg (17.53%), Sodium: 89.4mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Selenium: 6.17µg (8.82%), Phosphorus: 56.19mg (5.62%), Vitamin B2: 0.09mg (5.22%), Calcium: 40.89mg (4.09%), Vitamin B12: 0.23µg (3.75%), Vitamin K: 3.14µg (2.99%), Vitamin A: 149.17IU (2.98%), Zinc: 0.41mg (2.77%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.04mg (2.19%), Folate: 8.03µg (2.01%), Vitamin D: 0.29µg (1.94%), Vitamin B1: 0.03mg (1.77%), Vitamin B3: 0.35mg (1.75%), Iron: 0.28mg (1.57%), Potassium: 52.19mg (1.49%), Vitamin E: 0.2mg (1.33%), Copper: 0.02mg (1.09%), Magnesium: 4.22mg (1.05%)