 1%
HEALTH SCORE

Daisy Brand Quiche

READY IN



90 min.

SERVINGS



12

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 5 slices bacon crumbled crisp
- 2 tablespoons butter
- 8 ounces cup heavy whipping cream sour
- 3 large eggs
- 1 cup mild cheddar cheese shredded
- 0.5 cup mushrooms diced
- 0.5 cup mushrooms diced
- 0.3 cup onion finely chopped
- 3 tablespoons bell pepper diced green red finely

- 1 dash salt and pepper
- 1.5 cups swiss cheese shredded
- 1 9-inch pie crust dough ()

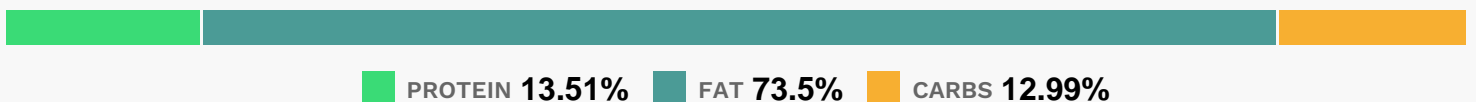
Equipment

- oven
- aluminum foil

Directions

- Poke holes on the inside of the pie crust with a fork. Line the inside of the pie crust with foil and bake at 450 degrees F for 8 minutes.
- Remove the foil and bake for an additional 5 minutes or until the crust is set and dry.
- Remove the crust and reduce the oven to 350 degrees F.
- Saute the onions, peppers, and mushrooms in the butter until softened.
- Combine the vegetables with the remaining ingredients and pour the mixture into the pie crust.
- Bake the quiche at 350 degrees F for 40 minutes or until the center is set.
- Let stand for 10 minutes before cutting. Top each slice with a dollop of Daisy.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:7.5634782521621%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 25.31g (38.94%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.44g (3.43%), Sugar: 1.03g (1.15%), Cholesterol: 100.89mg (33.63%), Sodium:

257.14mg (11.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Calcium: 211.88mg (21.19%), Selenium: 14.72µg (21.02%), Phosphorus: 190.72mg (19.07%), Vitamin B2: 0.25mg (14.45%), Vitamin A: 622.29IU (12.45%), Vitamin B12: 0.7µg (11.7%), Zinc: 1.38mg (9.2%), Vitamin B1: 0.09mg (6.27%), Folate: 24µg (6%), Vitamin B5: 0.59mg (5.85%), Vitamin B3: 1.16mg (5.8%), Vitamin B6: 0.1mg (4.77%), Manganese: 0.09mg (4.62%), Iron: 0.8mg (4.44%), Vitamin D: 0.66µg (4.41%), Vitamin E: 0.64mg (4.25%), Magnesium: 14.86mg (3.72%), Potassium: 122.92mg (3.51%), Copper: 0.07mg (3.28%), Vitamin C: 2.48mg (3.01%), Vitamin K: 2.63µg (2.5%), Fiber: 0.61g (2.45%)