



Double Double Bacon Cheese Quiche

READY IN



75 min.

SERVINGS



8

CALORIES



517 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 strips bacon
- ☐ 0.5 cup butter chilled cut into small pieces (1 stick)
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 ounces gruyère cheese shredded
- ☐ 1.5 cups cup heavy whipping cream light
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons water cold

- ☐ 2 ounces cheddar cheese shredded white
- ☐ 0.1 teaspoon pepper white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

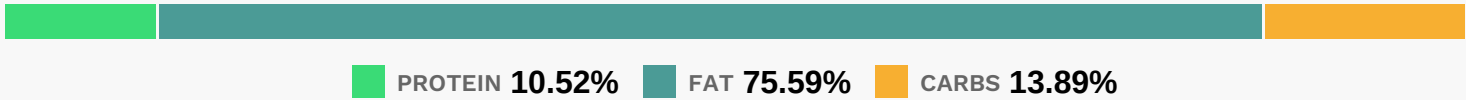
Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ To prepare the crust: In a large bowl, mix together the flour and the salt. Using 2 knives, cut in the butter until coarse crumbs form.
- ☐ Add water, 1 tablespoon at a time, tossing with a fork, until dough forms. Shape into a disk, wrap in plastic wrap and chill in refrigerator for 30 minutes. Lightly flour counter and rolling pin and roll into about a 10 or 11-inch circle. Fit into a 9-inch pie pan. Trim edge, leaving 1/4-inch overhang. Prick dough with a fork. Line with foil and fill with dried beans.
- ☐ Bake for 10 minutes.
- ☐ Remove the foil and dried beans.
- ☐ Bake until lightly golden, about 5 minutes more.
- ☐ Transfer to wire rack to cool.
- ☐ To prepare the filling: In a medium skillet cook the bacon over medium heat until crisp, 8 to 10 minutes. Crumble bacon.

- ☐
- Transfer to a paper towel to drain. In a small bowl whisk together the eggs, cream, thyme and pepper.

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Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:11.55, Inflammation Score:-6, Nutrition Score:10.671304478593%

Nutrients (% of daily need)

Calories: 517.2kcal (25.86%), Fat: 43.56g (67.01%), Saturated Fat: 23.13g (144.56%), Carbohydrates: 18g (6%), Net Carbohydrates: 17.42g (6.34%), Sugar: 0.26g (0.28%), Cholesterol: 206.28mg (68.76%), Sodium: 457.93mg (19.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.27%), Selenium: 23.67µg (33.81%), Vitamin A: 1093.06IU (21.86%), Phosphorus: 217.8mg (21.78%), Vitamin B2: 0.35mg (20.67%), Vitamin B1: 0.27mg (17.83%), Calcium: 175.32mg (17.53%), Folate: 54.38µg (13.59%), Vitamin B3: 2.39mg (11.96%), Vitamin B12: 0.66µg (11.04%), Zinc: 1.46mg (9.71%), Iron: 1.6mg (8.89%), Vitamin B5: 0.83mg (8.28%), Vitamin E: 1.19mg (7.95%), Manganese: 0.16mg (7.92%), Vitamin B6: 0.15mg (7.43%), Vitamin D: 0.96µg (6.43%), Potassium: 169.6mg (4.85%), Magnesium: 18.9mg (4.73%), Copper: 0.07mg (3.42%), Vitamin K: 3.24µg (3.08%), Fiber: 0.58g (2.33%)