

**6%**  
HEALTH SCORE

## Easy Bacon and Cheese Quiche

READY IN

**60 min.**

SERVINGS

**6**

CALORIES

**496 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 ounce bacon bits canned
- 19-inch deep dish pie crust frozen ()
- 4 eggs lightly beaten
- 1 cup half and half
- 0.5 cup onion chopped
- 3 ounces parmesan cheese grated
- 5 ounces swiss cheese shredded

### Equipment

bowl

oven

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl, mix the bacon, onions, and both cheeses.

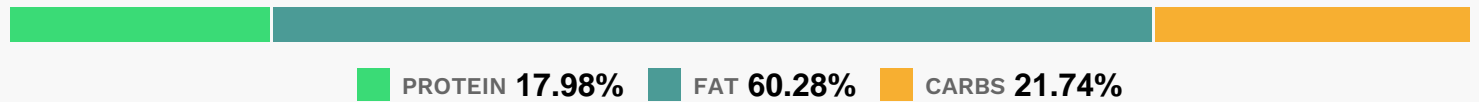
Place this mixture in the unfrozen pie crust.

Mix the eggs and half and half in a bowl.

Pour the egg mixture over the cheese mixture.

Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake for an additional 35 minutes, until top of quiche begins to turn brown.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:14.146521734155%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 496.39kcal (24.82%), Fat: 33.23g (51.12%), Saturated Fat: 13.89g (86.83%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.77g (9.01%), Sugar: 2.35g (2.61%), Cholesterol: 157.54mg (52.51%), Sodium: 742.41mg (32.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.59%), Calcium: 420.06mg (42.01%), Phosphorus: 382.11mg (38.21%), Selenium: 25.18µg (35.97%), Vitamin B12: 1.41µg (23.54%), Vitamin B2: 0.4mg (23.54%), Zinc: 2.64mg (17.62%), Folate: 67.51µg (16.88%), Vitamin E: 2.07mg (13.8%), Vitamin B1: 0.21mg (13.8%), Vitamin A: 620.14IU (12.4%), Manganese: 0.22mg (10.92%), Magnesium: 40.76mg (10.19%), Iron: 1.61mg (8.94%), Fiber: 2.2g (8.8%), Vitamin B5: 0.87mg (8.66%), Copper: 0.15mg (7.64%), Vitamin B6: 0.14mg (7.15%), Vitamin K: 6.89µg (6.56%), Vitamin B3: 1.28mg (6.38%), Potassium: 210.87mg (6.02%), Vitamin D: 0.66µg (4.38%), Vitamin C: 1.62mg (1.96%)