



WHATSheATE



Easy Cheese and Bacon Quiche



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 6 oz canadian bacon sliced chopped
- ☐ 3 eggs
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1.5 cups half and half
- ☐ 0.5 teaspoon salt
- ☐ 4 oz swiss cheese shredded

- ☐ 2 tablespoons water boiling
- ☐ 1.3 cups frangelico
- ☐ 1.3 cups frangelico

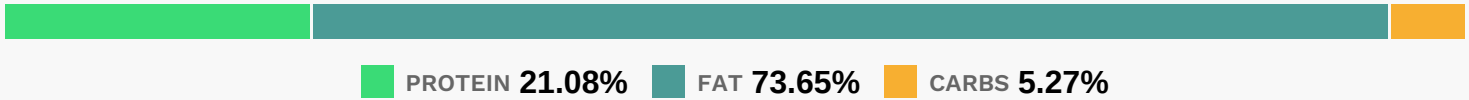
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400F. Grease bottom and side of 9-inch pie plate with shortening. Stir Bisquick and butter until blended.
- ☐ Add boiling water; stir vigorously until soft dough forms. Press dough in bottom and up side of pie plate, forming edge on rim of plate.
- ☐ Sprinkle bacon, cheese and onions over crust. In medium bowl, beat half-and-half, eggs, salt and red pepper with spoon until blended.
- ☐ Pour into crust.
- ☐ Bake 35 to 40 minutes or until edge is golden brown and center is set.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:7.9756523007932%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 224.33kcal (11.22%), Fat: 18.39g (28.29%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.01g (2.24%), Cholesterol: 101.07mg (33.69%), Sodium: 482.48mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.69%), Selenium: 16.12µg (23.03%), Phosphorus: 211.78mg (21.18%), Calcium: 190.32mg (19.03%), Vitamin B2: 0.25mg (14.63%), Vitamin A: 678.28IU

(13.57%), Vitamin B12: 0.81µg (13.51%), Vitamin B1: 0.18mg (12.27%), Zinc: 1.32mg (8.8%), Vitamin B6: 0.15mg (7.38%), Vitamin B3: 1.42mg (7.09%), Vitamin K: 7.36µg (7.01%), Vitamin D: 0.93µg (6.17%), Vitamin B5: 0.56mg (5.64%), Potassium: 178.76mg (5.11%), Vitamin E: 0.67mg (4.48%), Magnesium: 15.78mg (3.95%), Folate: 13.38µg (3.34%), Iron: 0.53mg (2.93%), Copper: 0.04mg (1.79%), Vitamin C: 1.06mg (1.28%)