



Easy Cheese and Bacon Quiche

 Popular

READY IN



55 min.

SERVINGS



8

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

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 baking mix original bisquick®

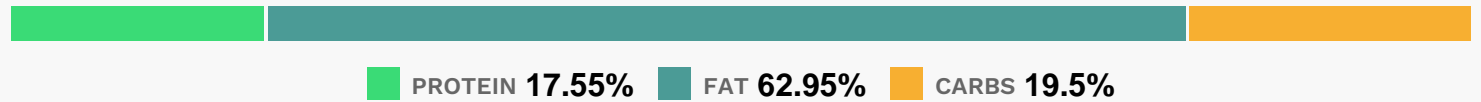
Equipment

- bowl
- oven

Directions

- Heat oven to 400°F. 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:-5, Nutrition Score:10.382174009862%

Flavonoids

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

Nutrients (% of daily need)

Calories: 304.58kcal (15.23%), Fat: 21.28g (32.74%), Saturated Fat: 8.69g (54.31%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 14.34g (5.21%), Sugar: 4.2g (4.67%), Cholesterol: 101.45mg (33.82%), Sodium: 721.73mg (31.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Phosphorus: 321.46mg (32.15%), Selenium: 17.53µg (25.04%), Calcium: 223.88mg (22.39%), Vitamin B1: 0.29mg (19.46%), Vitamin B2: 0.33mg (19.45%), Vitamin B12: 0.88µg (14.73%), Vitamin A: 679.03IU (13.58%), Vitamin B3: 2.27mg (11.35%), Zinc: 1.43mg (9.55%), Folate: 36.82µg (9.2%), Vitamin K: 8.58µg (8.17%), Vitamin B6: 0.16mg (8.1%), Vitamin B5: 0.73mg (7.3%),

Vitamin D: 0.93µg (6.17%), Potassium: 209.33mg (5.98%), Iron: 1.05mg (5.81%), Magnesium: 20.47mg (5.12%),
Vitamin E: 0.7mg (4.64%), Manganese: 0.08mg (4.05%), Copper: 0.06mg (3.23%), Fiber: 0.49g (1.97%), Vitamin C:
1.11mg (1.35%)