



## Gina's Quiche Tartlets

READY IN



70 min.

SERVINGS



6

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 slices bacon chopped
- 2 large eggs
- 1 clove garlic minced
- 2 ounces goat cheese crumbled
- 0.3 cup green onion chopped
- 0.8 cup half-and-half
- 6 servings kosher salt and pepper black freshly ground
- 14.1 ounce pie dough refrigerated (recommended: Pillsbury)

## Equipment

- frying pan
- ladle
- oven
- whisk

## Directions

- Preheat the oven to 400 degrees F. Spray 6 (4 1/2-inch) tartlet pans with nonstick spray.
- Roll out the pie dough. Using a 5-inch round cutter, punch out 6 circles of dough.
- Press each dough round into the prepared tartlet pans, making sure it covers the sides and bottoms.
- Bake until golden, 15 to 18 minutes.
- Remove and let cool slightly.
- Start on the filling while the crust is baking.
- Add the bacon to a medium saute pan over medium heat and cook until crisp.
- Add the green onions and garlic and saute until soft, 1 to 2 more minutes. Season with salt and pepper and remove from heat to cool.
- Lower the oven to 350 degrees F.
- Whisk together the eggs and half-and-half, and then stir in the bacon and green onion mixture. Season with a pinch of salt and pepper. Crumble the goat cheese into the baked shells.
- Ladle the mixture into the baked tartlet shells.
- Place the tartlet shells on a sheet tray (to catch drips) and bake until golden and cooked through, about 25 minutes.

## Nutrition Facts

  

 PROTEIN **9.39%**  FAT **58.09%**  CARBS **32.52%**

## Properties

Glycemic Index:15.67, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:8.8160869245944%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 425.78kcal (21.29%), Fat: 27.35g (42.07%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 32.63g (11.87%), Sugar: 1.5g (1.66%), Cholesterol: 81.77mg (27.26%), Sodium: 398.69mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.89%), Vitamin B2: 0.29mg (17.3%), Manganese: 0.34mg (16.87%), Selenium: 11.72µg (16.75%), Vitamin B1: 0.23mg (15.28%), Folate: 59.21µg (14.8%), Phosphorus: 146.92mg (14.69%), Vitamin K: 14.27µg (13.59%), Iron: 2.33mg (12.94%), Vitamin B3: 2.21mg (11.03%), Vitamin B5: 0.73mg (7.25%), Fiber: 1.81g (7.24%), Calcium: 72.3mg (7.23%), Copper: 0.14mg (7.16%), Vitamin A: 340.22IU (6.8%), Vitamin B6: 0.13mg (6.45%), Zinc: 0.83mg (5.53%), Magnesium: 18.54mg (4.63%), Potassium: 159.36mg (4.55%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.4µg (2.67%), Vitamin C: 1.21mg (1.47%)