

Gluten-Free Quiche Lorraine

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 cup shortening
- 3 tablespoons water cold
- 0.5 cup bacon crumbled cooked
- 4 oz swiss cheese shredded
- 0.3 cup onion finely chopped
- 4 eggs
- 2 cups whipping cream
- 0.3 teaspoon salt

- 0.3 teaspoon pepper
- 0.1 teaspoon ground pepper red (cayenne)
- 1 cup frangelico gluten free

Equipment

- bowl
- oven
- knife
- blender

Directions

- Heat oven to 425°F. In medium bowl, cut shortening into Bisquick mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. In ungreased 9-inch quiche dish, press pastry evenly in bottom and up sides.
- Bake 12 to 14 minutes or until pastry just begins to brown and is set.
- Reduce oven temperature to 325°F.
- Sprinkle bacon, cheese and onion into crust. In medium bowl, beat eggs slightly; beat in remaining filling ingredients.
- Pour into crust.
- Bake 45 to 50 minutes or until knife inserted in center comes out clean. Cool 10 minutes before serving.

Nutrition Facts

  
 PROTEIN 10.62%  FAT 86.56%  CARBS 2.82%

Properties

Glycemic Index:19.67, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:10.855217410171%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 534.6kcal (26.73%), Fat: 52g (80%), Saturated Fat: 26.59g (166.18%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.81g (3.12%), Cholesterol: 225.67mg (75.22%), Sodium: 354.35mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Selenium: 21.9µg (31.29%), Vitamin A: 1502.92IU (30.06%), Phosphorus: 251.95mg (25.19%), Calcium: 240.9mg (24.09%), Vitamin B2: 0.37mg (21.49%), Vitamin B12: 1.06µg (17.69%), Vitamin E: 1.9mg (12.69%), Vitamin D: 1.89µg (12.62%), Zinc: 1.7mg (11.34%), Vitamin B5: 0.93mg (9.28%), Vitamin K: 9.16µg (8.72%), Vitamin B6: 0.15mg (7.66%), Vitamin B1: 0.09mg (5.93%), Potassium: 191.2mg (5.46%), Vitamin B3: 1.09mg (5.44%), Folate: 20.41µg (5.1%), Magnesium: 19.4mg (4.85%), Iron: 0.75mg (4.14%), Copper: 0.05mg (2.73%), Manganese: 0.04mg (1.76%), Vitamin C: 1.17mg (1.41%)