



Guinness Braised Onion and Aged White Cheddar Quiche

♥ Popular

READY IN



85 min.

SERVINGS



6

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 slices bacon cut into 1 inch pieces
- ☐ 6 servings cayenne to taste
- ☐ 1 cup aged cheddar shredded white
- ☐ 1 cup heavy whipping cream
- ☐ 4 eggs lightly beaten
- ☐ 2 teaspoons grainy mustard
- ☐ 0.5 cup guinness

- ☐ 1 pound onions sliced
- ☐ 1 pie crust
- ☐ 2 teaspoons worcestershire sauce

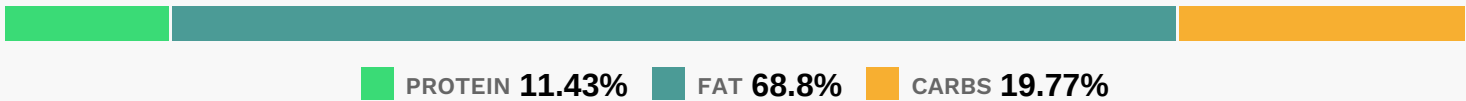
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook the bacon in a pan oven medium heat until crispy and set aside on paper towels to drain reserving the grease in the pan.
- ☐ Add the onions and saute until tender, about 5-7 minutes.
- ☐ Add 1/4 cup Guinness and simmer until the liquid has mostly evaporated, about 15 minutes and repeat.
- ☐ Remove from heat and mix in the grainy mustard and Worcestershire sauce and place in a large bowl.
- ☐ Mix in the bacon, cream, eggs and 1/2 of the cheese and season with cayenne, salt and pepper.
- ☐ Pour the mixture in to the pie crust and top with the remaining cheese.
- ☐ Bake in a preheated 375F oven until golden brown on top and set in the center, about 25-30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:11.533478114916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 483.84kcal (24.19%), Fat: 36.85g (56.7%), Saturated Fat: 17.96g (112.22%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 21.76g (7.91%), Sugar: 4.76g (5.29%), Cholesterol: 182.46mg (60.82%), Sodium: 629.66mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.55%), Selenium: 21.04µg (30.06%), Phosphorus: 233.79mg (23.38%), Vitamin B2: 0.38mg (22.11%), Calcium: 202.57mg (20.26%), Vitamin A: 940.2IU (18.8%), Folate: 53.8µg (13.45%), Vitamin B1: 0.18mg (12.19%), Manganese: 0.24mg (12.12%), Vitamin B6: 0.22mg (11.09%), Zinc: 1.61mg (10.73%), Vitamin B12: 0.6µg (9.96%), Iron: 1.67mg (9.29%), Vitamin D: 1.39µg (9.29%), Vitamin B5: 0.92mg (9.23%), Fiber: 2.07g (8.26%), Potassium: 278.1mg (7.95%), Vitamin B3: 1.52mg (7.62%), Vitamin C: 6.1mg (7.39%), Vitamin E: 1.03mg (6.87%), Magnesium: 26.02mg (6.5%), Copper: 0.09mg (4.7%), Vitamin K: 4.23µg (4.02%)