



## Ham-and-Bacon Quiche

READY IN



95 min.

SERVINGS



8

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 6 slices bacon
- 0.5 teaspoon pepper black
- 1 cup ham cooked chopped
- 1 egg white lightly beaten
- 6 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 cup mushrooms fresh sliced
- 1.5 cups half-and-half
- 0.5 cup onion chopped

- 15 oz piecrusts refrigerated
- 0.5 teaspoon seasoning salt
- 8 oz swiss cheese shredded

## Equipment

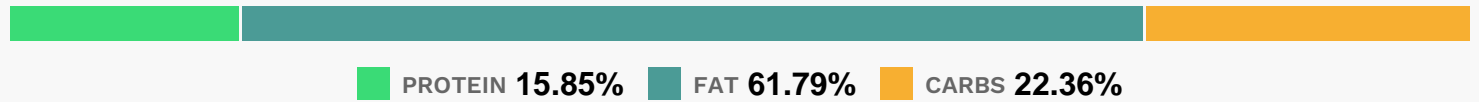
- bowl
- frying pan
- paper towels
- baking paper
- oven
- aluminum foil
- cookie cutter

## Directions

- Fit 1 piecrust into a 9-inch deep-dish pieplate according to package directions; trim dough around edges of pieplate.
- Place remaining piecrust on a lightly floured surface; cut desired shapes with a decorative 1-inch cookie cutter.
- Brush edge of piecrust in pieplate with beaten egg white; gently press dough shapes onto edge of piecrust. Pierce bottom and sides with a fork.
- Line piecrust with parchment paper or aluminum foil; fill piecrust with pie weights or dried beans.
- Bake at 400 for 10 minutes.
- Remove weights and parchment paper; bake 5 more minutes, and set aside. Reduce oven temperature to 35
- Cook bacon in a large skillet over medium-high heat until crisp.
- Remove bacon, and drain on paper towels, reserving 2 tsp. drippings in pan. Crumble bacon, and set aside.
- Saut chopped onion and mushrooms in hot drippings 3 to 4 minutes or until tender.
- Stir together bacon, onion mixture, half-and-half, and next 4 ingredients in a large bowl.

- Combine cheese and flour; add to bacon mixture, stirring until blended.
- Pour mixture into crust.
- Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. (Shield edges with aluminum foil to prevent excess browning, if necessary.)
- Let stand 10 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:24.13, Glycemic Load:1.45, Inflammation Score:-5, Nutrition Score:15.935217421988%

### Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

### Nutrients (% of daily need)

Calories: 566.54kcal (28.33%), Fat: 38.71g (59.55%), Saturated Fat: 16.17g (101.05%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 29.81g (10.84%), Sugar: 2.69g (2.99%), Cholesterol: 186.21mg (62.07%), Sodium: 769.39mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Selenium: 31.82µg (45.45%), Phosphorus: 390.45mg (39.05%), Calcium: 334.96mg (33.5%), Vitamin B2: 0.54mg (31.7%), Vitamin B12: 1.53µg (25.43%), Vitamin B1: 0.33mg (21.72%), Zinc: 2.69mg (17.91%), Vitamin B3: 3.25mg (16.26%), Folate: 64.6µg (16.15%), Manganese: 0.3mg (15.13%), Vitamin B5: 1.4mg (13.98%), Iron: 2.39mg (13.28%), Vitamin A: 581.65IU (11.63%), Vitamin B6: 0.23mg (11.56%), Potassium: 312.06mg (8.92%), Magnesium: 33.89mg (8.47%), Copper: 0.15mg (7.57%), Fiber: 1.7g (6.8%), Vitamin E: 0.95mg (6.34%), Vitamin C: 4.69mg (5.69%), Vitamin D: 0.75µg (5%), Vitamin K: 5.22µg (4.97%)