



Leek, Bacon, and Gruyere Crustless Quiche

 Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 ounces bacon thinly sliced
- 8 servings pepper black freshly ground
- 2 large egg yolks
- 2 large eggs
- 2 cups half-and-half
- 1.5 teaspoons kosher salt
- 2 medium leeks light white green
- 1 pinch nutmeg freshly grated

- 2 tablespoons parmesan cheese freshly grated
- 4 ounces swiss cheese grated
- 4 tablespoons butter unsalted softened

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- whisk
- measuring cup
- ceramic pie form

Directions

- Trim the root of the leek, leaving ends intact to hold the leaves together, then halve lengthwise. Rinse well under running water to flush out any grit trapped between the leaves.
- Cut each half into 3-inch lengths, keeping leaves together. Put leeks in a large skillet with water to cover and 1 teaspoon salt. Simmer over medium heat until the leeks are tender, about 6 minutes.
- Drain the excess water, add 2 tablespoons butter, and cook over medium heat until the leek edges are golden brown and sweet.
- Cook the bacon in a medium skillet, until just crisp.
- Transfer to paper towels to drain.
- Preheat oven to 350 degrees F.
- Brush a 9-inch glass or ceramic pie pan with 2 tablespoons butter and sprinkle the grated Parmesan evenly on top. Put pan on a baking sheet.
- Whisk the half-and-half, eggs and yolks in large glass measuring cup. Season with 1/2 teaspoon salt, pepper, and nutmeg.
- Spread half the Gruyere evenly in the pan, crumble the bacon on top; repeat with remaining cheese.

- Place the leeks, browned side up, on the cheese and pour the custard over the fillings.
- Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

Nutrition Facts

PROTEIN 13.99%

FAT 77.74%

CARBS 8.27%

Properties

Glycemic Index:20.13, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:9.6721740183623%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 325.12kcal (16.26%), Fat: 28.25g (43.46%), Saturated Fat: 14.29g (89.31%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.31g (2.3%), Sugar: 3.48g (3.86%), Cholesterol: 156.93mg (52.31%), Sodium: 686.84mg (29.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.87%), Selenium: 17.43µg (24.9%), Calcium: 231.24mg (23.12%), Phosphorus: 228.6mg (22.86%), Vitamin A: 1025.8IU (20.52%), Vitamin B2: 0.27mg (15.93%), Vitamin B12: 0.87µg (14.54%), Vitamin K: 12.18µg (11.6%), Zinc: 1.46mg (9.72%), Vitamin B6: 0.19mg (9.32%), Folate: 29.81µg (7.45%), Vitamin B5: 0.72mg (7.17%), Vitamin B1: 0.11mg (7.03%), Manganese: 0.14mg (6.77%), Vitamin E: 0.94mg (6.29%), Potassium: 199.79mg (5.71%), Magnesium: 22.21mg (5.55%), Iron: 0.96mg (5.35%), Vitamin B3: 1.04mg (5.18%), Vitamin D: 0.68µg (4.51%), Vitamin C: 3.22mg (3.9%), Copper: 0.06mg (3.23%), Fiber: 0.45g (1.81%)