



Mini Bacon Quiches

 Gluten Free

READY IN



20 min.

SERVINGS



100

CALORIES



12 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 bacon crisp cooked finely chopped
- ☐ 6 large eggs
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 large cubes red-skinned sweet potato diced peeled
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cream sour
- ☐ 1 leaves spring onion fresh sliced

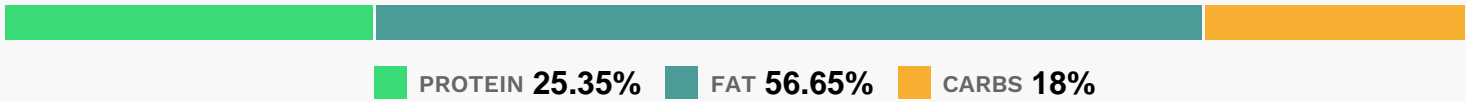
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Cook potatoes in boiling salted water to cover 8 to 10 minutes or until tender.
- ☐ Drain.
- ☐ Combine eggs and next 6 ingredients in a medium bowl; whisk until well-blended. Stir in potato.
- ☐ Spoon about 1 tablespoon egg mixture into each cup of a lightly greased mini muffin pan.
- ☐ Bake 13 to 15 minutes or until lightly browned. Cool in pans on wire racks 5 minutes.
- ☐ Remove from pans; top each quiche with about 1/2 teaspoon sour cream, and garnish, if desired.
- ☐ Serve quiches warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.41, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:0.92521739135618%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 11.92kcal (0.6%), Fat: 0.75g (1.15%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.16g (0.18%), Cholesterol: 12.52mg (4.17%), Sodium: 33.64mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin A: 375.8IU (7.52%), Selenium: 1.37µg (1.96%), Phosphorus: 12.68mg (1.27%), Vitamin B2: 0.02mg (1.18%)