



Mini Breakfast Quiches with Potato Crust

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4.5 oz potatoes traditional betty seasoned skillets®
- ☐ 1 serving vegetable oil for on potato box
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 2 oz swiss cheese shredded
- ☐ 3 eggs
- ☐ 1 cup whipping cream

Equipment

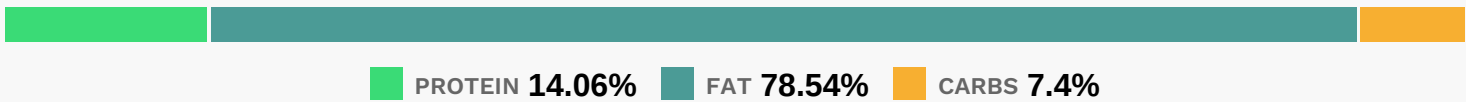
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ Make potatoes as directed on box. Divide potato mixture evenly among muffin cups, pressing in bottom and up side of each cup to form crust.
- ☐ Sprinkle bacon and cheese evenly in cups. In medium bowl, beat eggs and cream.
- ☐ Pour filling evenly in cups, about 1/4 cup each.
- ☐ Bake 25 to 30 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:7.6604348110116%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 284.53kcal (14.23%), Fat: 25g (38.46%), Saturated Fat: 13.02g (81.39%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.83g (1.76%), Sugar: 1.41g (1.56%), Cholesterol: 144.77mg (48.26%), Sodium: 218.91mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Selenium: 15.63µg (22.32%), Phosphorus: 169.46mg (16.95%), Vitamin A: 784.24IU (15.68%), Vitamin B2: 0.23mg (13.67%), Calcium: 126.19mg (12.62%), Vitamin B12: 0.65µg (10.79%), Vitamin B6: 0.17mg (8.55%), Zinc: 1.14mg (7.61%), Vitamin D: 1.11µg (7.42%), Vitamin B5: 0.65mg (6.47%), Vitamin B3: 1.26mg (6.3%), Potassium: 211.26mg (6.04%), Vitamin E: 0.89mg (5.9%), Vitamin K: 6.16µg (5.87%), Vitamin B1: 0.09mg (5.83%), Vitamin C: 4.43mg (5.37%), Magnesium: 16.34mg (4.09%), Folate: 16.18µg (4.04%), Iron: 0.69mg (3.85%), Copper: 0.06mg (2.87%), Manganese: 0.04mg (2.08%), Fiber: 0.47g (1.87%)