



Mini Quiche Lorraine

READY IN



55 min.

SERVINGS



12

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 slices bacon to taste
- 1 teaspoon dijon mustard
- 4 eggs
- 2 green onions diced
- 0.3 teaspoon ground pepper black
- 1.3 cups milk
- 0.3 teaspoon salt
- 1 cup swiss cheese shredded
- 3 inch phyllo tart shells frozen thawed

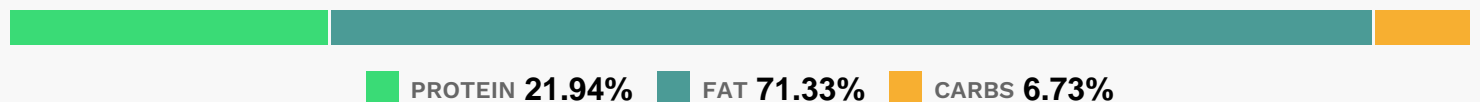
Equipment

- bowl
- frying pan
- paper towels
- ladle
- oven
- whisk
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Arrange tart shells in 2 muffin tins; line shell each with a layer of pie weights or dried beans.
- Bake shells in the preheated oven until edges of crusts are lightly browned and about 75% cooked, 5 to 10 minutes.
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels; crumble when cooled.
- Divide 1 cup Swiss cheese, bacon, and green onions evenly into the tart shells.
- Whisk eggs, milk, mustard, salt, and black pepper together in a bowl. Ladle egg mixture into each tart shell about 2/3 full. Top each tart with the remaining 1/4 cup Swiss cheese.
- Bake in the preheated oven until egg is set in the middle of each tart and shells are browned, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:4.51739130979%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 121.48kcal (6.07%), Fat: 9.56g (14.71%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.36g (1.51%), Cholesterol: 73.39mg (24.46%), Sodium: 175.13mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Selenium: 10.06µg (14.37%), Phosphorus: 123.47mg (12.35%), Calcium: 122.04mg (12.2%), Vitamin B12: 0.59µg (9.91%), Vitamin B2: 0.14mg (8.25%), Zinc: 0.83mg (5.52%), Vitamin A: 219.61IU (4.39%), Vitamin K: 4.46µg (4.25%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.62µg (4.11%), Vitamin B6: 0.08mg (3.88%), Vitamin B1: 0.05mg (3.56%), Potassium: 93.24mg (2.66%), Vitamin B3: 0.5mg (2.49%), Magnesium: 9.77mg (2.44%), Iron: 0.41mg (2.3%), Folate: 9.02µg (2.25%), Vitamin E: 0.28mg (1.87%), Copper: 0.02mg (1.11%)