



Mini Quiche Lorraine

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

130 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
- ☐ 0.3 cup swiss cheese shredded or as needed
- ☐ 1 cup swiss cheese shredded

☐ 3 inch phyllo tart shells frozen thawed

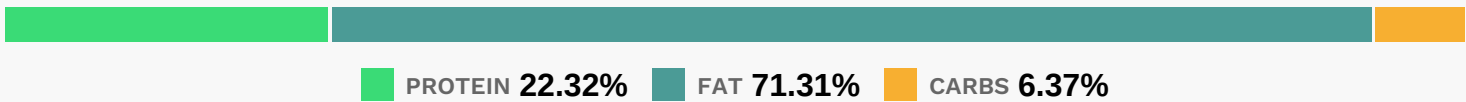
Equipment

- ☐ 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:15.67, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:4.8439130744208%

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: 130.33kcal (6.52%), Fat: 10.26g (15.79%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.36g (1.51%), Cholesterol: 75.48mg (25.16%), Sodium: 179.29mg (7.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Selenium: 10.74µg (15.34%), Calcium: 142.07mg (14.21%), Phosphorus: 136.38mg (13.64%), Vitamin B12: 0.66µg (11.04%), Vitamin B2: 0.15mg (8.65%), Zinc: 0.93mg (6.17%), Vitamin A: 238.28IU (4.77%), Vitamin B5: 0.43mg (4.32%), Vitamin K: 4.49µg (4.28%), Vitamin D: 0.62µg (4.11%), Vitamin B6: 0.08mg (3.96%), Vitamin B1: 0.05mg (3.58%), Potassium: 94.84mg (2.71%), Magnesium: 10.52mg (2.63%), Vitamin B3: 0.5mg (2.5%), Folate: 9.22µg (2.31%), Iron: 0.42mg (2.31%), Vitamin E: 0.29mg (1.96%), Copper: 0.02mg (1.16%)