



Mini Quiches

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 servings bacon crumbled
- ☐ 0.3 cup fontina grated
- ☐ 1.5 tablespoons sage leaves fresh chopped
- ☐ 6 hard-cooked eggs
- ☐ 6 prebaked puff-pastry shells

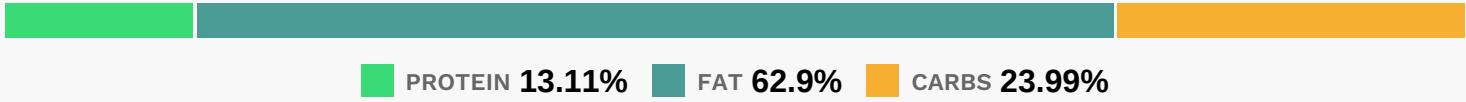
Equipment

- ☐ oven

Directions

- ☐ Slice eggs crosswise and place 1 in each prebaked puff-pastry shells (found in the frozen-food section). Top with fresh sage and grated Fontina cheese.
- ☐ Bake at 400 F until the cheese melts (about 5 minutes).
- ☐ Garnish each tiny quiche with crumbled bacon, if desired.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:11.51, Inflammation Score:-3, Nutrition Score:14.036087005035%

Nutrients (% of daily need)

Calories: 370.75kcal (18.54%), Fat: 25.78g (39.67%), Saturated Fat: 7.76g (48.49%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 21.31g (7.75%), Sugar: 1.02g (1.13%), Cholesterol: 196.44mg (65.48%), Sodium: 267.77mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.18%), Copper: 4.61mg (230.44%), Selenium: 27.84µg (39.77%), Vitamin B2: 0.41mg (23.9%), Manganese: 0.39mg (19.63%), Vitamin B1: 0.23mg (15.07%), Folate: 59.1µg (14.77%), Phosphorus: 140.13mg (14.01%), Vitamin B12: 0.68µg (11.3%), Iron: 1.98mg (11.02%), Vitamin B3: 2mg (10.01%), Calcium: 79.87mg (7.99%), Vitamin D: 1.14µg (7.63%), Vitamin K: 7.91µg (7.53%), Vitamin B5: 0.73mg (7.3%), Zinc: 1.06mg (7.06%), Vitamin A: 327.42IU (6.55%), Vitamin E: 0.79mg (5.26%), Magnesium: 16.1mg (4.02%), Vitamin B6: 0.08mg (3.82%), Fiber: 0.81g (3.25%), Potassium: 102.76mg (2.94%)