



Petite Quiche Appetizers with Bacon

READY IN



55 min.

SERVINGS



55

CALORIES



27 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 eggs
- 55 servings pastry for 1-crust 9-inch pie
- 1 Tbsp flour
- 0.8 cup half-and-half
- 0.1 tsp pepper
- 0.3 tsp salt
- 1 cup swiss cheese shredded kraft

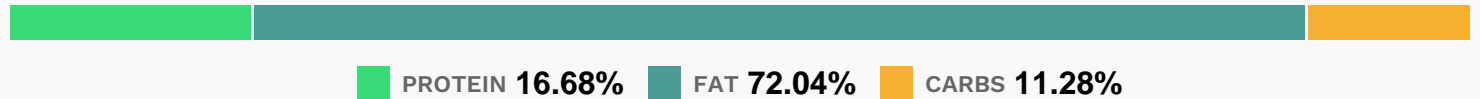
Equipment

- bowl
- oven
- whisk
- muffin tray

Directions

- Preheat oven to 325F. Divide pastry into 24 balls; press 1 ball onto bottom and up side of each of 24 miniature muffin pan cups.
- Toss cheese with flour in medium bowl; set aside. Beat eggs, half-and-half and seasonings with wire whisk until well blended.
- Add to cheese mixture along with bacon; mix well. Spoon evenly into pastry-lined cups, filling each cup 2/3 full.
- Bake 30 to 35 minutes or until filling is set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.73826086942268%

Nutrients (% of daily need)

Calories: 27.02kcal (1.35%), Fat: 2.16g (3.32%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.15g (0.17%), Cholesterol: 9.99mg (3.33%), Sodium: 31.57mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Selenium: 1.8µg (2.57%), Calcium: 22.13mg (2.21%), Phosphorus: 20.63mg (2.06%), Vitamin B12: 0.09µg (1.46%), Vitamin B2: 0.02mg (1.44%)