



Quiche A La Lorraine

READY IN



65 min.

SERVINGS



6

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 ounces bacon rashers cut into strips to fit pastry base
- ☐ 3 eggs
- ☐ 3 ounces gruyère cheese cut into thin slices
- ☐ 1.5 cups milk
- ☐ 6 servings salt
- ☐ 12 ounces pastry crust

Equipment

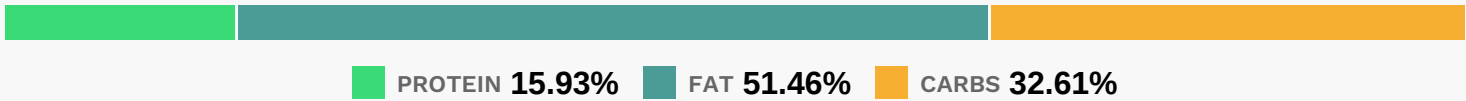
- ☐ frying pan

☐ oven

Directions

- ☐ Roll out shortcrust pastry to fit 8-inch pie plate. Prick base with a fork.
- ☐ Place a piece of greaseproof paper over pastry – fill with dried peas and bake in a preheated 425 degree F. oven for 20 minutes.
- ☐ Remove paper and dried peas and allow to cool. Lower the oven temperature to 400 degrees F. Lightly saute bacon in a fry pan.
- ☐ Place bacon strips on base of pastry case. Strew with thin slices of gruyere cheese.
- ☐ Mix eggs with milk and season with salt, pepper and nutmeg.
- ☐ Pour half the milk and egg mixture over the cheese and bacon. Leave for 2 minutes to set, then add the remainder.
- ☐ Place into the oven and allow to bake for 25 to 30 minutes.
- ☐ Remove from oven, place on serving dish and serve hot or cold, cut into small slices.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:12.4, Inflammation Score:-4, Nutrition Score:13.280434694303%

Nutrients (% of daily need)

Calories: 424.85kcal (21.24%), Fat: 24g (36.93%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 32.74g (11.9%), Sugar: 3.74g (4.15%), Cholesterol: 123.46mg (41.15%), Sodium: 617.48mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Selenium: 28.91µg (41.3%), Vitamin B1: 0.44mg (29.56%), Phosphorus: 278.53mg (27.85%), Vitamin B2: 0.44mg (25.98%), Calcium: 241.85mg (24.18%), Vitamin B3: 3.57mg (17.86%), Manganese: 0.34mg (17.1%), Folate: 63.17µg (15.79%), Vitamin B12: 0.89µg (14.9%), Iron: 2.41mg (13.37%), Zinc: 1.74mg (11.61%), Vitamin B5: 0.97mg (9.73%), Vitamin B6: 0.18mg (9.09%), Vitamin D: 1.31µg (8.73%), Magnesium: 30.63mg (7.66%), Vitamin A: 364.53IU (7.29%), Potassium: 238.43mg (6.81%), Fiber: 1.49g (5.97%), Copper: 0.11mg (5.53%), Vitamin E: 0.47mg (3.12%), Vitamin K: 2.05µg (1.95%)