



Quiche Lorraine

READY IN



65 min.

SERVINGS



6

CALORIES



397 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 deep dish pie crust frozen
- 3 large egg whites lightly beaten
- 3 large eggs lightly beaten
- 0.3 teaspoon nutmeg
- 0.8 cup gruyere cheese grated
- 1.5 cups milk 2% reduced-fat
- 1 teaspoon olive oil
- 1 cup onion halved thinly sliced

- 0.5 teaspoon salt
- 4 bacon crumbled cooked

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack

Directions

- Preheat oven to 37
- Pierce bottom and sides of pastry shell with a fork.
- Bake at 375 for 15 minutes.
- Let cool on a wire rack. Increase oven temperature to 45
- Heat a large nonstick skillet over medium-high heat.
- Add oil; swirl to coat.
- Add onion; saut 8 minutes or until tender, stirring occasionally.
- Remove from pan; let cool.
- Sprinkle onion, bacon, and cheese into pastry shell.
- Combine eggs and egg whites in a bowl, beating with a whisk.
- Add milk and remaining ingredients, beating with a whisk.
- Pour milk mixture over cheese mixture in pastry shell.
- Place quiche on a baking sheet.
- Bake at 450 for 10 minutes. Reduce oven temperature to 35
- Bake at 350 for 40 minutes, shielding edges after 15 minutes, if necessary, to prevent excess browning.
- Let cool on wire rack 15 minutes.

Cut into wedges, and serve immediately.

Nutrition Facts

PROTEIN 16.25% **FAT 59.86%** **CARBS 23.89%**

Properties

Glycemic Index:21.5, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:10.98173909602%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 396.62kcal (19.83%), Fat: 26.28g (40.42%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 22.57g (8.21%), Sugar: 4.41g (4.9%), Cholesterol: 125.55mg (41.85%), Sodium: 633.39mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.1%), Selenium: 19.62µg (28.04%), Calcium: 267.65mg (26.77%), Phosphorus: 260.86mg (26.09%), Vitamin B2: 0.41mg (24.41%), Vitamin B12: 0.89µg (14.79%), Folate: 51.16µg (12.79%), Manganese: 0.25mg (12.44%), Vitamin B1: 0.18mg (12.15%), Zinc: 1.65mg (10.99%), Vitamin B5: 0.97mg (9.68%), Vitamin B6: 0.17mg (8.41%), Vitamin B3: 1.67mg (8.36%), Iron: 1.47mg (8.19%), Potassium: 261.06mg (7.46%), Vitamin A: 358.1IU (7.16%), Magnesium: 27.62mg (6.91%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.96mg (6.39%), Vitamin D: 0.66µg (4.38%), Fiber: 1.02g (4.08%), Copper: 0.08mg (3.95%), Vitamin C: 2.09mg (2.54%)