



Quiche Lorraine

READY IN



45 min.

SERVINGS



6

CALORIES



977 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pound bacon cut into 1/2-inch pieces
- ☐ 6 large eggs beaten
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 Dash ground pepper red
- ☐ 1 cup heavy cream
- ☐ 1 Dash pepper white
- ☐ 14.1 ounce piecrusts refrigerated
- ☐ 8 ounces swiss cheese divided grated

☐ 0.5 teaspoon salt

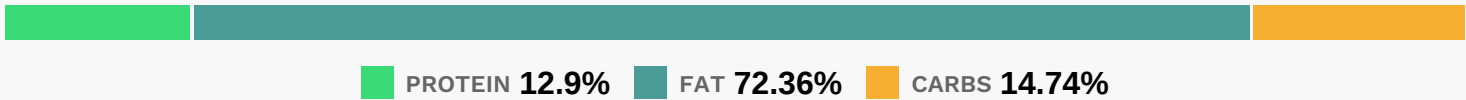
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 425. Fit piecrust into a 9-inch pie plate; fold edges under, and crimp. Prick bottom and sides of crust with a fork; bake 6 to 8 minutes or until lightly browned. Reduce oven temperature to 350.
- ☐ Cool piecrust on a wire rack with preparing filling.
- ☐ Cook bacon in a large skillet over medium heat, stirring often, 7 to 8 minutes or until crispy; drain on paper towels.
- ☐ Sprinkle bacon over bottom of pie shell.
- ☐ Sprinkle green onions over bacon; sprinkle half of Swiss cheese over onions.
- ☐ Whisk together beaten eggs and next 5 ingredients. Carefully pour egg mixture over cheese.
- ☐ Sprinkle remaining cheese over egg mixture.
- ☐ Bake at 350 for 35 to 40 minutes or until lightly browned and set in middle. Cool 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:21.461304073748%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 976.72kcal (48.84%), Fat: 78.2g (120.3%), Saturated Fat: 33.07g (206.68%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 34.01g (12.37%), Sugar: 1.45g (1.62%), Cholesterol: 315.87mg (105.29%), Sodium: 1119.06mg (48.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.75%), Selenium: 46.94µg (67.06%), Phosphorus: 497.78mg (49.78%), Calcium: 410.7mg (41.07%), Vitamin B2: 0.6mg (35.05%), Vitamin B12: 2.03µg (33.8%), Vitamin B1: 0.43mg (28.43%), Vitamin A: 1243.99IU (24.88%), Vitamin B3: 4.95mg (24.75%), Zinc: 3.6mg (24.03%), Folate: 77.86µg (19.46%), Vitamin B6: 0.36mg (18.15%), Vitamin B5: 1.72mg (17.22%), Iron: 3.1mg (17.2%), Manganese: 0.33mg (16.75%), Vitamin K: 15.45µg (14.71%), Vitamin D: 1.94µg (12.91%), Vitamin E: 1.78mg (11.84%), Magnesium: 41.41mg (10.35%), Potassium: 359.97mg (10.28%), Fiber: 1.83g (7.32%), Copper: 0.15mg (7.27%), Vitamin C: 1.07mg (1.3%)