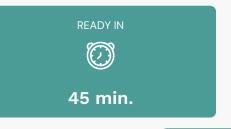


## **Quiche Lorraine**







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
O.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

Ш	U.5 teaspoon salt	
Equipment		
	frying pan	
	paper towels	
	oven	
	whisk	
	wire rack	
Di	rections	
	Preheat oven to425.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 35	
	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 5ingredients. Carefullypour 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		
	PROTEIN 12.9% FAT 72.36% CARBS 14.74%	
Properties		
	eemic 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

## **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: Og (100%), Alcohol %: O% (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%)