



## Quiche Lorraine

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 a pie crust frozen prepared (see Pâte Brisée recipe)
- 0.5 pound bacon canned (you can use more or less to your taste)
- 1 cup milk
- 0.5 cup heavy cream
- 3 eggs
- 0.5 teaspoon salt
- 0.5 teaspoon pepper black to taste
- 0.1 teaspoon ground nutmeg

- 1 cup gruyere cheese grated (cheddar works too)
- 1 tablespoon chives chopped

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- wire rack
- aluminum foil
- rolling pin
- tart form
- pie form

## Directions

- Rollout the dough, form into a tart pan, then freeze: If you are making your own pie crust, roll out the pie dough into a 12-inch round.
- Place it in a 10-inch wide, 1 1/2-inch high tart pan, pressing the dough into the corners.
- Use a rolling pin to roll over the surface of the tart pan to cleanly cut off the excess dough from the edges.
- Freeze for at least half an hour before blind-baking.
- the frozen crust: (also called "blind" baking) If you are using a store-bought frozen crust, follow the directions on the package for pre-baking.
- If you are pre-baking a homemade crust, preheat oven to 350°F. Line the frozen crust with heavy duty aluminum foil. Allow for a couple inches to extend beyond the sides of the tart or pie pan.
- Fill tart pan with dry beans, sugar, or rice.

- If you are using a pan with a removable bottom, place the pan on a rimmed baking sheet in the oven to catch any spillage.
- Bake for 40 minutes. Then remove from oven, remove the pie weights (the easiest way to do this is to lift up the foil by the edges) and the foil, and set aside. (See further tips on how to blind bake a crust.)
- Heat a large frying pan on medium heat. Arrange strips of bacon in a single layer on the bottom of the pan (you may need to work in batches or do two pans at once).
- Slowly cook the bacon, turning the strips over occasionally until they are nicely browned and much of the fat has rendered out.
- Lay the cooked strips of bacon on a paper towel to absorb the excess fat.
- Pour fat out of the pan into a jar (not down the drain, unless you want to clog the pipes) for future use, or wait until it solidifies and discard in the trash.
- Chop the cooked bacon crosswise into 1/4-inch to 1/2-inch pieces.
- oven to 350°F.
- eggs, add nutmeg, salt, pepper, cream, milk:
- Whisk the eggs in a large bowl.
- Add the nutmeg, salt, black pepper and chives and whisk a little more.
- Add the milk and cream and whisk vigorously to incorporate and introduce a little air into the mix – this keeps the texture of the quiche light and fluffy.
- filling in pre-baked crust: Arrange the bacon and cheese in the bottom of the pie crust.
- Whisk the egg-milk mixture hard again for a few seconds, then pour it gently into the pie crust.
- You want the bacon and cheese to be suspended in the mix, so you might need to gently stir it around just a little. You also want the chives, which will float, to be evenly arranged on top, so move them around with a spoon until you like where they are.
- the quiche into the preheated oven and bake for 30–40 minutes. (If using pan with removable bottom, be sure to place a rimmed baking sheet underneath.)
- Check for doneness after 30 minutes by gently jiggling the quiche. It should still have just a little wiggle. (It will finish setting while it cools.) Cool on a wire rack.
- Eat at room temperature, cold (a quiche will keep for several days in the fridge), or reheated gently in a 200-degree oven.

## Nutrition Facts

PROTEIN 14.22% FAT 72.1% CARBS 13.68%

## Properties

Glycemic Index:30.83, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:11.549565056096%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 502.05kcal (25.1%), Fat: 40.07g (61.65%), Saturated Fat: 17.52g (109.48%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.34g (5.94%), Sugar: 2.72g (3.02%), Cholesterol: 158.28mg (52.76%), Sodium: 769.09mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.55%), Calcium: 306.3mg (30.63%), Phosphorus: 304.71mg (30.47%), Selenium: 20.54µg (29.34%), Vitamin B2: 0.34mg (19.71%), Vitamin B12: 0.99µg (16.47%), Vitamin B1: 0.23mg (15.45%), Vitamin A: 721.78IU (14.44%), Zinc: 1.94mg (12.91%), Vitamin B3: 2.39mg (11.93%), Vitamin B6: 0.2mg (10.15%), Vitamin D: 1.49µg (9.92%), Vitamin B5: 0.99mg (9.92%), Folate: 33.75µg (8.44%), Manganese: 0.17mg (8.3%), Iron: 1.36mg (7.56%), Potassium: 234.23mg (6.69%), Magnesium: 26.19mg (6.55%), Vitamin E: 0.79mg (5.27%), Vitamin K: 4.82µg (4.59%), Copper: 0.07mg (3.31%), Fiber: 0.77g (3.09%)