



Quiche Lorraine Au Fromage

READY IN



95 min.

SERVINGS



35

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.3 cup butter cold
- 1 cup colby & monterey jack cheeses shredded kraft
- 3 eggs
- 1 cup flour
- 2 cups half-and-half
- 0.3 cup ice water
- 0.3 tsp salt
- 0.3 cup shortening

Equipment

- bowl
- oven
- knife
- whisk
- blender
- plastic wrap

Directions

- Heat oven to 425F.
- Mix flour and salt in medium bowl.
- Cut in butter and shortening with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add ice water, 1 Tbsp. at a time, mixing lightly with fork until dry ingredients are evenly moistened and mixture clings together when pressed into ball. (If necessary, stir in more ice water, 1 tsp. at a time, until dough sticks together.) Flatten dough to 1/2-inch-thick round on large sheet of plastic wrap; wrap securely. Refrigerate 20 to 25 min. or until well chilled.
- Roll out dough on lightly floured surface to 13-inch round.
- Place in 9-inch pie plate; fold under and flute edge.
- Sprinkle bacon and cheese onto bottom of crust.
- Whisk eggs and half-and-half until blended; pour into crust.
- Bake 15 min. Reduce oven temperature to 350F.
- Bake 35 to 40 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before serving.

Nutrition Facts

PROTEIN 11.63% **FAT 73.9%** **CARBS 14.47%**

Properties

Glycemic Index:3.57, Glycemic Load:1.97, Inflammation Score:-1, Nutrition Score:2.0939130562803%

Nutrients (% of daily need)

Calories: 96.91kcal (4.85%), Fat: 7.97g (12.26%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.62g (0.68%), Cholesterol: 29.26mg (9.75%), Sodium: 97.11mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Selenium: 4.38µg (6.26%), Phosphorus: 49.33mg (4.93%), Vitamin B2: 0.08mg (4.73%), Calcium: 43.99mg (4.4%), Vitamin B1: 0.05mg (3.23%), Vitamin A: 149.19IU (2.98%), Folate: 9.45µg (2.36%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.3mg (2.03%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.16mg (1.61%), Iron: 0.29mg (1.61%), Vitamin E: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.57%), Manganese: 0.03mg (1.33%), Potassium: 42.42mg (1.21%), Vitamin K: 1.2µg (1.14%), Magnesium: 4.25mg (1.06%)