



Quiche Lorraine Grey Poupon

READY IN



55 min.

SERVINGS



55

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 Tbsp grey poupon dijon mustard
- 3 eggs
- 2 Tbsp green onion
- 1 cup cup heavy whipping cream light
- 15 oz ready-to-use pie crusts refrigerated (1 crust)
- 1 cup swiss cheese shredded kraft

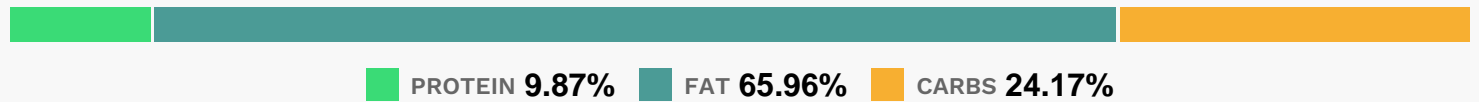
Equipment

- oven
- knife
- whisk

Directions

- Preheat oven to 375F. Prepare pie crust as directed on package for unfilled 1-crust pie using 9-inch pie plate.
- Sprinkle cheese, bacon and onion evenly onto bottom of crust.
- Beat eggs, cream and mustard with wire whisk until well blended; pour over ingredients in crust.
- Bake 35 to 40 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.324782618362%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.25kcal (3.31%), Fat: 4.85g (7.46%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.78g (1.37%), Sugar: 0.03g (0.03%), Cholesterol: 16.63mg (5.54%), Sodium: 56.77mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Selenium: 2.3µg (3.28%), Phosphorus: 27.21mg (2.72%), Calcium: 23.87mg (2.39%), Vitamin B2: 0.04mg (2.2%), Vitamin B1: 0.03mg (1.94%), Manganese: 0.04mg (1.89%), Folate: 7.07µg (1.77%), Vitamin B12: 0.1µg (1.62%), Vitamin A: 76.51IU (1.53%), Iron: 0.27mg (1.47%), Vitamin B3: 0.28mg (1.41%), Zinc: 0.19mg (1.24%), Vitamin K: 1.18µg (1.12%)