

Quiche Lorraine I

READY IN



55 min.

SERVINGS



6

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 slices bacon
- ☐ 3 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups swiss cheese shredded

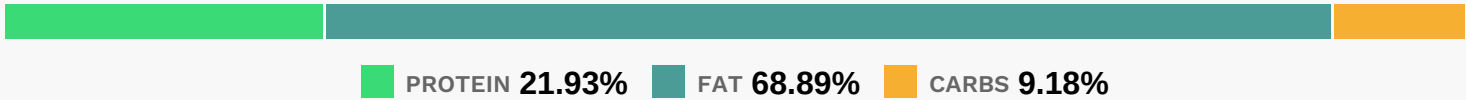
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Line pastry with a double layer of aluminum foil.
- ☐ Bake in preheated oven for 8 minutes.
- ☐ Remove foil and bake for 4 to 5 minutes more, or until crust is set. Reduce oven temperature to 325 degrees F (165 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Remove bacon from pan, crumble and set aside. Reserve 2 tablespoons bacon grease in skillet. Cook onion in reserved drippings until tender; drain and set aside.
- ☐ In a large bowl, mix together eggs, milk and salt. Stir in bacon and onion. In a separate bowl, toss cheese and flour together.
- ☐ Add cheese to egg mixture; stir well.
- ☐ Pour mixture into hot pastry shell.
- ☐ Bake in preheated oven for 35 to 40 minutes, or until knife inserted into center comes out clean. If necessary, cover edges of crust with foil to prevent burning.
- ☐ Let quiche cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:2.26, Inflammation Score:-4, Nutrition Score:9.8978260159492%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 277.79kcal (13.89%), Fat: 21.18g (32.58%), Saturated Fat: 9.67g (60.45%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 6g (2.18%), Sugar: 3.8g (4.22%), Cholesterol: 128.79mg (42.93%), Sodium: 347.66mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Calcium: 333.21mg (33.32%), Selenium: 20.98µg (29.97%), Phosphorus: 298.5mg (29.85%), Vitamin B12: 1.45µg (24.18%), Vitamin B2: 0.3mg (17.38%), Zinc: 2.01mg (13.42%), Vitamin A: 450.23IU (9%), Vitamin B6: 0.17mg (8.73%), Vitamin B1: 0.12mg (8.33%), Vitamin B5: 0.83mg (8.31%), Vitamin D: 1.2µg (7.99%), Potassium: 212.71mg (6.08%), Magnesium: 23.62mg (5.91%), Vitamin B3: 1.08mg (5.38%), Folate: 18.54µg (4.64%), Vitamin E: 0.52mg (3.48%), Iron: 0.61mg (3.38%), Copper: 0.05mg (2.37%), Manganese: 0.04mg (2.24%), Vitamin C: 1.36mg (1.64%), Fiber: 0.35g (1.38%)