

Quiche Lorraine I

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 12 slices bacon
- 0.1 teaspoon cayenne pepper
- 4 eggs beaten
- 2 cups cup heavy whipping cream light
- 0.3 cup onion minced
- 0.8 teaspoon salt
- 1 cup swiss cheese shredded
- 0.3 teaspoon sugar white

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place bacon in a large skillet, and fry over medium-high heat until crisp.
- Drain on paper towels, then chop coarsely.
- Sprinkle bacon, cheese and onion into pastry shell.
- In a medium bowl, whisk together eggs, cream, salt, sugar and cayenne pepper.
- Pour mixture into pastry shell.
- Bake 15 minutes in the preheated oven. Reduce heat to 300 degrees F (150 degrees C), and bake an additional 30 minutes, or until a knife inserted 1 inch from edge comes out clean. Allow quiche to sit 10 minutes before cutting into wedges.

Nutrition Facts

 **PROTEIN 11.9%**  **FAT 84.8%**  **CARBS 3.3%**

Properties

Glycemic Index:19.51, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:8.0595651865005%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 399.84kcal (19.99%), Fat: 37.86g (58.24%), Saturated Fat: 19.09g (119.32%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.19g (1.16%), Sugar: 0.56g (0.62%), Cholesterol: 182.5mg (60.83%), Sodium: 513.28mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.91%), Selenium: 17.79µg (25.41%), Phosphorus: 207.04mg (20.7%), Calcium: 177.06mg (17.71%), Vitamin A: 861.46IU (17.23%), Vitamin B12: 0.89µg (14.8%), Vitamin B2: 0.25mg (14.41%), Zinc: 1.43mg (9.5%), Vitamin B6: 0.16mg (8.01%), Vitamin B1: 0.12mg (7.92%), Vitamin B5: 0.74mg (7.41%), Vitamin B3: 1.39mg (6.94%), Vitamin E: 0.99mg (6.6%), Vitamin D: 0.93µg (6.2%), Potassium: 173.65mg (4.96%), Magnesium: 15.96mg (3.99%), Folate: 15.24µg (3.81%), Iron: 0.57mg (3.19%), Copper: 0.04mg (2.16%), Vitamin K: 1.92µg (1.83%), Vitamin C: 0.88mg (1.06%), Manganese: 0.02mg (1.04%)