

Quiche Lorraine II

READY IN



65 min.

SERVINGS



8

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

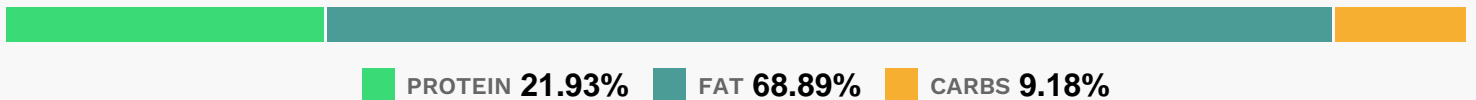
Equipment

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

Directions

- Preheat oven to 450 degrees F (230 degrees C). Line pastry shell with foil.
- Bake in oven for 8 minutes.
- Remove foil and bake for an additional 5 minutes, or until crust is set and dry.
- Remove from oven and turn down temperature to 325 degrees F (165 degrees C).
- In a large skillet, cook bacon until crisp.
- Drain and reserve 2 tablespoons of drippings. Crumble the bacon and set aside. Cook onion in skillet with reserved drippings; cook until onion is tender and then drain.
- In a large bowl, mix together milk, salt and eggs. Stir in bacon and onion. In a separate bowl, toss cheese and flour together, then add to egg mixture. Be sure to mix well.
- Pour egg mixture into pie crust.
- Bake in preheated oven for 35 to 40 minutes, or until knife inserted in center of quiche comes out clean. If necessary, cover edge of crust with foil while baking to prevent burning or overbrowning.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:1.69, Inflammation Score:-3, Nutrition Score:7.4239129139029%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 208.35kcal (10.42%), Fat: 15.88g (24.43%), Saturated Fat: 7.25g (45.34%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.85g (3.16%), Cholesterol: 96.59mg (32.2%), Sodium: 260.75mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Calcium: 249.91mg (24.99%), Selenium: 15.73µg (22.48%), Phosphorus: 223.87mg (22.39%), Vitamin B12: 1.09µg (18.13%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.51mg (10.07%), Vitamin A: 337.67IU (6.75%), Vitamin B6: 0.13mg (6.55%), Vitamin B1: 0.09mg (6.24%), Vitamin B5: 0.62mg (6.23%), Vitamin D: 0.9µg (6%), Potassium: 159.54mg (4.56%), Magnesium: 17.72mg (4.43%), Vitamin B3: 0.81mg (4.04%), Folate: 13.91µg (3.48%), Vitamin E: 0.39mg (2.61%), Iron: 0.46mg (2.53%), Copper: 0.04mg (1.78%), Manganese: 0.03mg (1.68%), Vitamin C: 1.02mg (1.23%), Fiber: 0.26g (1.04%)