



## Quiche Lorraine in 4 easy steps

READY IN



70 min.

SERVINGS



8

CALORIES



480 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 500 g pastry crust
- ☐ 200 g bacon smoked chopped
- ☐ 85 g cheddar cheese cut into small cubes
- ☐ 3 eggs lightly beaten
- ☐ 284 ml double cream
- ☐ 1 pinch nutmeg grated

## Equipment

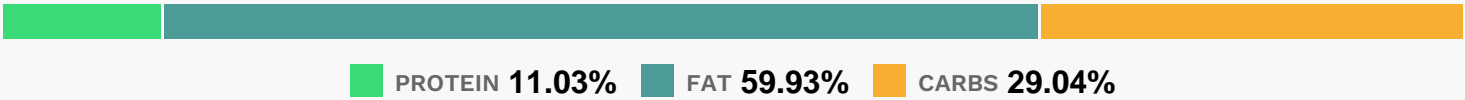
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin
- ☐ kitchen scissors

## Directions

- ☐ Roll out pastry and lift into tin: Leave pastry to soften at room temperature so it doesn't crack when rolling. Lightly flour rolling pin and work surface. Gently press top of pastry, from the end closest to you outwards, a few times, turn 90, then repeat until 1cm thick. Now roll out pastry in one direction only, turning every couple of rolls, to a circle the thickness of a 1 coin. Use the rolling pin to lift pastry up and over tin, floured side facing up.
- ☐ Line the tin and trim the pastry: Smooth pastry over the base of the tin to remove any pockets of air. Gently ease pastry into the inside edge of tin and against the sides. Trim overhanging pastry with kitchen scissors so pastry rises 1cm above the rim.
- ☐ Roll excess pastry into a small ball and use to press pastry into the fluted edges. Chill for 30 mins, covered with cling film. Any left over can be chilled and reused, or frozen for up to a month.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cut a large piece of baking parchment, then scrunch into a ball. Open it out and use to line chilled pastry case, then tip in baking beans with more against the sides, to support pastry wall when baking.
- ☐ Bake on a baking sheet for 15–20 mins until the sides are crisp and set.
- ☐ Remove from oven and carefully lift paper and beans out. Return pastry to oven and cook for another 5 mins or until the base and sides are golden and crisp.
- ☐ Fill pastry case and bake Lower oven to 150C/fan 130C/gas
- ☐ Heat a pan, then fry the bacon until golden. Scatter over the pastry base, discarding excess fat, followed by the cheese.
- ☐ Mix eggs, cream and nutmeg together, then half-fill the case. Rest baking sheet on an oven shelf, then pour in the rest of the mixture.
- ☐ Bake for 30–35 mins or until just set.
- ☐ Remove and allow to cool for 10 mins.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:12.14, Inflammation Score:-5, Nutrition Score:11.599999997927%

## Nutrients (% of daily need)

Calories: 480.15kcal (24.01%), Fat: 31.79g (48.91%), Saturated Fat: 15.05g (94.03%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 33.44g (12.16%), Sugar: 1.29g (1.43%), Cholesterol: 128.86mg (42.95%), Sodium: 569.95mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Selenium: 28.73µg (41.05%), Vitamin B1: 0.42mg (28.29%), Vitamin B2: 0.42mg (24.87%), Phosphorus: 185.19mg (18.52%), Vitamin B3: 3.59mg (17.97%), Folate: 66.51µg (16.63%), Manganese: 0.31mg (15.5%), Vitamin A: 729.9IU (14.6%), Iron: 2.45mg (13.63%), Calcium: 116.28mg (11.63%), Zinc: 1.29mg (8.62%), Vitamin B12: 0.44µg (7.36%), Vitamin B5: 0.72mg (7.15%), Vitamin D: 1.07µg (7.1%), Vitamin B6: 0.13mg (6.67%), Magnesium: 19.95mg (4.99%), Vitamin E: 0.74mg (4.93%), Fiber: 1.21g (4.85%), Copper: 0.09mg (4.71%), Potassium: 161.07mg (4.6%), Vitamin K: 3.01µg (2.87%)