



Quick Quiche

READY IN



50 min.

SERVINGS



6

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 slices bacon
- 2 tablespoons butter melted
- 4 eggs beaten
- 0.5 cup flour all-purpose
- 1.5 cups milk
- 0.3 cup onion finely chopped
- 1 teaspoon salt
- 4 ounces swiss cheese shredded

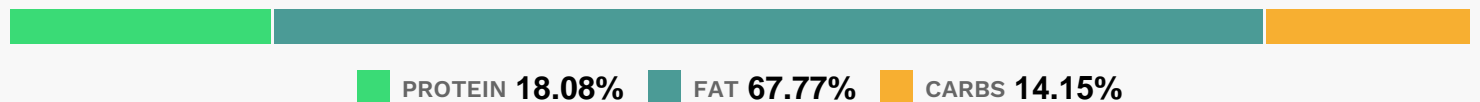
Equipment

- frying pan
- oven
- whisk
- pie form

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
- Line bottom of pie plate with cheese and crumbled bacon.
- Combine eggs, butter, onion, salt, flour and milk; whisk together until smooth; pour into pie pan.
- Bake in preheated oven for 35 minutes, until set.
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:7.05, Inflammation Score:-4, Nutrition Score:11.001304341399%

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: 349.19kcal (17.46%), Fat: 26.14g (40.21%), Saturated Fat: 11.81g (73.81%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 11.89g (4.32%), Sugar: 3.36g (3.73%), Cholesterol: 163.41mg (54.47%), Sodium: 712.05mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Selenium: 25.36µg (36.23%), Phosphorus: 284.72mg (28.47%), Calcium: 265.59mg (26.56%), Vitamin B12: 1.32µg (21.93%), Vitamin B2: 0.35mg

(20.83%), Vitamin B1: 0.21mg (14.27%), Zinc: 1.89mg (12.6%), Vitamin A: 541.69IU (10.83%), Vitamin B5: 0.98mg (9.8%), Vitamin B6: 0.19mg (9.55%), Vitamin B3: 1.9mg (9.51%), Vitamin D: 1.38µg (9.17%), Folate: 35.96µg (8.99%), Iron: 1.16mg (6.44%), Potassium: 225.56mg (6.44%), Magnesium: 23.66mg (5.91%), Manganese: 0.1mg (4.77%), Vitamin E: 0.69mg (4.63%), Copper: 0.06mg (3.04%), Fiber: 0.39g (1.58%)