

## Ranch-Style Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 4 bacon crumbled cooked
- 3 eggs
- 1.3 cups cup heavy whipping cream
- 1 puff pastry shells cooled (9 inches)
- 1 envelope ranch seasoning
- 4 ounces swiss cheese shredded

### Equipment

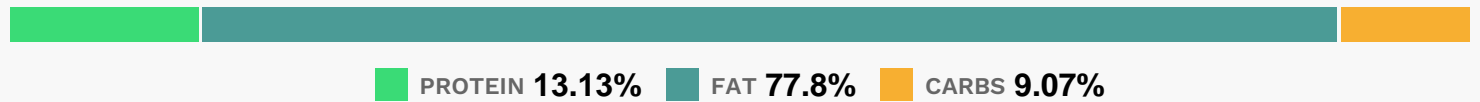
- bowl

- oven
- knife
- whisk
- aluminum foil

## Directions

- Sprinkle cheese into pastry shell. In a bowl, whisk eggs until foamy.
- Add the remaining ingredients.
- Pour over cheese.
- Bake, uncovered, at 400° for 15 minutes. Reduce heat to 350°. Cover edges with foil; bake 15–20 minutes longer or until a knife inserted near the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:10.38, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:6.1991305143937%

## Nutrients (% of daily need)

Calories: 266.56kcal (13.33%), Fat: 23.03g (35.43%), Saturated Fat: 12.7g (79.35%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.95g (2.16%), Sugar: 1.19g (1.32%), Cholesterol: 120.54mg (40.18%), Sodium: 404.02mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Selenium: 13.9µg (19.85%), Calcium: 160.97mg (16.1%), Phosphorus: 154.65mg (15.46%), Vitamin A: 754.95IU (15.1%), Vitamin B2: 0.21mg (12.6%), Vitamin B12: 0.68µg (11.3%), Zinc: 1.08mg (7.17%), Vitamin D: 0.94µg (6.27%), Vitamin B5: 0.45mg (4.53%), Vitamin E: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.09%), Folate: 15.1µg (3.78%), Vitamin B6: 0.07mg (3.68%), Vitamin B3: 0.71mg (3.55%), Iron: 0.53mg (2.96%), Magnesium: 11.44mg (2.86%), Potassium: 91.71mg (2.62%), Vitamin K: 2.38µg (2.27%), Manganese: 0.04mg (1.76%), Copper: 0.03mg (1.68%)