



Roquefort Quiche

READY IN



15 min.

SERVINGS



6

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 slices bacon crumbled cooked
- ☐ 3 eggs slightly beaten
- ☐ 0.5 cup heavy cream
- ☐ 1 pastry shell (follow the label directions)
- ☐ 4 ounces roquefort cheese softened
- ☐ 1 scallion minced

Equipment

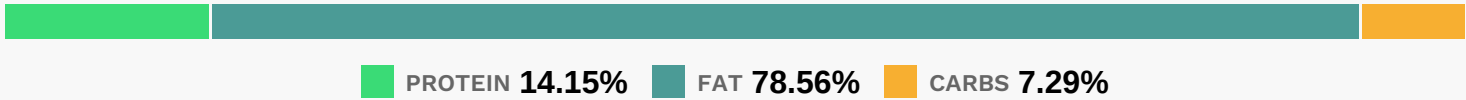
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 oven

Directions

- ☐ Heat oven to 375 F. Scatter the cheese, bacon, and scallion in the pastry shell.
- ☐ Combine the eggs and cream and pour on top. Dot with the butter.
- ☐ Bake 25 to 30 minutes or until golden and puffed.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:6.7517391624658%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 264.61kcal (13.23%), Fat: 23.22g (35.72%), Saturated Fat: 12.53g (78.28%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.77g (0.85%), Cholesterol: 135.25mg (45.08%), Sodium: 495.52mg (21.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Selenium: 14.07µg (20.1%), Vitamin B2: 0.28mg (16.66%), Calcium: 154.31mg (15.43%), Phosphorus: 151.23mg (15.12%), Vitamin A: 746.35IU (14.93%), Vitamin B5: 0.77mg (7.66%), Folate: 27.92µg (6.98%), Vitamin B12: 0.4µg (6.67%), Vitamin K: 6.43µg (6.12%), Zinc: 0.9mg (6%), Vitamin D: 0.77µg (5.16%), Vitamin B1: 0.08mg (5.02%), Vitamin B3: 0.93mg (4.63%), Vitamin B6: 0.09mg (4.61%), Iron: 0.78mg (4.33%), Vitamin E: 0.59mg (3.95%), Magnesium: 12.68mg (3.17%), Potassium: 97.78mg (2.79%), Manganese: 0.05mg (2.72%), Copper: 0.04mg (1.96%)