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## Round 2 -Bacon and Mushroom Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 4 slices bacon
- 5 eggs
- 0.5 cup milk
- 0.5 cup mozzarella cheese grated
- 8 servings mushroom stems leftover chopped
- 0.5 medium onion diced
- 1 tablespoon freshly parsley leaves chopped
- 1 pre-made pie shell in the foil pie plate frozen
- 8 servings salt and pepper black freshly ground

1 teaspoon freshly thyme leaves chopped

## Equipment

bowl

frying pan

baking sheet

paper towels

oven

## Directions

Preheat the oven to 375 degrees F.

In a large skillet over medium heat, add the bacon and cook until crisp.

Remove from pan and drain on a brown paper bag or paper towels and reserve the fat in the pan. Chop the bacon when cooled and reserve.

To the same skillet with reserved bacon fat, add the onions and mushroom stems and cook until the onions are translucent and the mushrooms are browned, about 5 minutes.

In a large bowl mix together the eggs, milk, herbs and salt and pepper, to taste. Stir in the cheese, the reserved bacon and the mushroom mixture.

Pour the filling into the pie crust. Put on a baking sheet and bake until the quiche has set and top and crust has browned, about 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.13, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:6.6091304084529%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg,

Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 216.11kcal (10.81%), Fat: 14.6g (22.45%), Saturated Fat: 5.27g (32.92%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.63g (4.23%), Sugar: 1.22g (1.36%), Cholesterol: 116.92mg (38.97%), Sodium: 249.12mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Selenium: 13.48µg (19.25%), Phosphorus: 129.34mg (12.93%), Vitamin B2: 0.22mg (12.9%), Vitamin K: 10.23µg (9.74%), Vitamin B12: 0.54µg (9.04%), Calcium: 77.85mg (7.79%), Vitamin B1: 0.12mg (7.67%), Folate: 30.66µg (7.66%), Iron: 1.21mg (6.74%), Manganese: 0.13mg (6.64%), Vitamin B5: 0.66mg (6.63%), Zinc: 0.88mg (5.83%), Vitamin A: 279.49IU (5.59%), Vitamin B3: 1.12mg (5.58%), Vitamin B6: 0.11mg (5.47%), Vitamin D: 0.79µg (5.28%), Potassium: 127.38mg (3.64%), Magnesium: 12.64mg (3.16%), Vitamin E: 0.46mg (3.07%), Fiber: 0.73g (2.94%), Copper: 0.05mg (2.53%), Vitamin C: 1.6mg (1.93%)