



Tiger's Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



1039 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 150 grams butter
- ☐ 1 bunch chives finely chopped
- ☐ 568 milliliters double cream heavy cream
- ☐ 2 large eggs organic
- ☐ 5 large eggs organic
- ☐ 500 grams ounce flour plain
- ☐ 4 ounce log goat's cheese crumbled
- ☐ 1 handful cheddar and gruyere cheese finely grated
- ☐ 1 pinch nutmeg freshly grated

- ☐ 10 slices pancetta thin
- ☐ 1 pinch salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 small handful thyme tips mixed
- ☐ 100 grams lard
- ☐ 100 grams lard

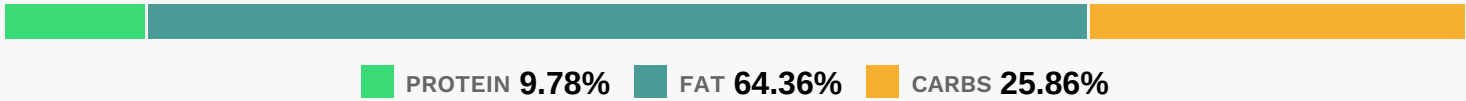
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C/gas 5). Rub together the flour and the fat.
- ☐ Add the eggs and bring together carefully without over working it. Chill in the refrigerator for 1 hour. Once your pastry has chilled roll it out to fit an 11-inch (28 centimeter) tin with a removable bottom. Freeze the pastry mold then cover with greased paper, fill the tin with baking beans and bake it blind for 10 minutes.
- ☐ Lower the oven temperature to 350 degrees F (180 degrees C/gas 4).
- ☐ Mix all the filling ingredients together then pour the filling into the pastry case.
- ☐ Sprinkle over the goat's cheese, lay over the pancetta slices and then finish off with a drizzle of your thyme oil.
- ☐ Bake in the oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:46.07, Inflammation Score:-9, Nutrition Score:24.955652268037%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1039.17kcal (51.96%), Fat: 74.39g (114.44%), Saturated Fat: 42.64g (266.52%), Carbohydrates: 67.25g (22.42%), Net Carbohydrates: 64.9g (23.6%), Sugar: 3.47g (3.85%), Cholesterol: 402.64mg (134.21%), Sodium: 502.71mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Selenium: 54.52µg (77.89%), Vitamin B2: 0.96mg (56.4%), Vitamin B1: 0.78mg (51.79%), Vitamin A: 2582.76IU (51.66%), Folate: 187.68µg (46.92%), Phosphorus: 350.8mg (35.08%), Manganese: 0.63mg (31.5%), Iron: 5.5mg (30.54%), Vitamin B3: 6.07mg (30.33%), Vitamin D: 2.86µg (19.07%), Vitamin B5: 1.79mg (17.93%), Copper: 0.33mg (16.28%), Vitamin E: 2.26mg (15.04%), Calcium: 145.37mg (14.54%), Vitamin B12: 0.87µg (14.49%), Vitamin B6: 0.28mg (14.07%), Zinc: 2.05mg (13.69%), Magnesium: 39.41mg (9.85%), Fiber: 2.35g (9.4%), Potassium: 322.29mg (9.21%), Vitamin K: 7.15µg (6.81%), Vitamin C: 1.23mg (1.49%)