



## Zucchini, Bacon, and Gruyère Quiche

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 lb bacon sliced coarsely chopped
- 0.3 teaspoon pepper black
- 3 large eggs
- 1 cup gruyere cheese grated
- 0.8 cup heavy cream
- 0.5 teaspoon salt
- 0.8 cup milk whole
- 2 medium zucchini halved lengthwise ()

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- slotted spoon

## Directions

- Put oven rack in middle position and preheat oven to 450°F.
- Fit pie dough into pie plate and lightly prick all over.
- Bake according to package instructions, then transfer crust in pie plate to a rack.
- Reduce oven temperature to 350°F.
- While crust bakes, cook bacon in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until just crisp, about 6 minutes.
- Transfer bacon with a slotted spoon to a paper-towel-lined plate, reserving fat in skillet.
- Add zucchini and 1/4 teaspoon salt to fat in skillet and sauté over moderately high heat, stirring frequently, until zucchini is tender and starting to brown, about 5 minutes, then transfer with slotted spoon to a plate.
- Heat cream, milk, pepper, and remaining 1/4 teaspoon salt in a 1- to 2-quart saucepan until mixture reaches a bare simmer, then remove from heat.
- Whisk together eggs in a large heatproof bowl, then gradually whisk in hot cream mixture until combined. Stir in bacon, zucchini, and cheese and pour into piecrust.
- Bake until filling is just set, 25 to 30 minutes.
- Transfer quiche in pan to rack to cool slightly, about 20 minutes.

## Nutrition Facts

    
 PROTEIN **17.41%**  FAT **76.85%**  CARBS **5.74%**

## Properties

Glycemic Index:14.17, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:11.385652220767%

## Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 336.19kcal (16.81%), Fat: 28.91g (44.48%), Saturated Fat: 14.92g (93.25%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.18g (1.52%), Sugar: 4.14g (4.6%), Cholesterol: 166.95mg (55.65%), Sodium: 536.35mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.47%), Calcium: 305.24mg (30.52%), Phosphorus: 282.83mg (28.28%), Selenium: 16.27µg (23.24%), Vitamin B2: 0.35mg (20.62%), Vitamin A: 968.41IU (19.37%), Vitamin B12: 0.88µg (14.69%), Vitamin C: 11.87mg (14.39%), Vitamin B6: 0.25mg (12.32%), Zinc: 1.81mg (12.07%), Vitamin D: 1.52µg (10.13%), Potassium: 335.42mg (9.58%), Vitamin B5: 0.94mg (9.36%), Vitamin B1: 0.13mg (8.53%), Magnesium: 30.84mg (7.71%), Folate: 30.83µg (7.71%), Manganese: 0.14mg (7.06%), Vitamin B3: 1.15mg (5.74%), Vitamin E: 0.77mg (5.16%), Iron: 0.83mg (4.63%), Vitamin K: 4.66µg (4.44%), Copper: 0.07mg (3.62%), Fiber: 0.67g (2.7%)