

Cheese Quiche

Rhonda Krischke

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 4

2 slices bacon
1 cup onion, thinly sliced
3 eggs, slightly beaten
1 3/4 cups milk
3/4 cup (3 ounces) Swiss cheese, shredded
1 teaspoon salt
dash pepper
1/3 cup Post Grape Nuts cereal
1 nine-inch pie shell, lightly baked

Preheat the oven to 450 degrees.

Fry the bacon until crisp. Drain and crumble reserving one tablespoon of the drippings.

Saute' the onion in the bacon drippings until tender and lightly browned (You may use olive oil in place of the bacon drippings).

In a bowl, combine the eggs, milk, cheese, salt, pepper and cereal. Stir in the onion and bacon. Pour into the pie shell.

Bake for 15 minutes.

Reduce the oven temperature to 350 degrees. Bake for 10 to 15 minutes longer.

Per Serving (excluding unknown items): 234 Calories; 15g Fat (56.9% calories from fat); 16g Protein; 9g Carbohydrate; 1g Dietary Fiber; 196mg Cholesterol; 745mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	234	Vitamin B6 (mg):	.2mg
% Calories from Fat:	56.9%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	16.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	26.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	15g	Folacin (mcg):	32mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	196mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	16g
Sodium (mg):	745mg
Potassium (mg):	313mg
Calcium (mg):	363mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	497IU
Vitamin A (r.e.):	147RE

Alcohol (kcal):	0
% Refuse:	00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 234	Calories from Fat: 133
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% Daily Values*

Total Fat 15g	23%
Saturated Fat 8g	39%
Cholesterol 196mg	65%
Sodium 745mg	31%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	3%
Protein 16g	
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Vitamin A	10%
Vitamin C	8%
Calcium	36%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.