

Mini Caramelized Onion and Bacon Quiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 quiches

2 sheets ready-rolled shortcut pastry

2 tablespoons oil

1 large onion, finely chopped

4 ounces bacon, finely chopped

3 teaspoons whole grain mustard

pepper (to taste)

2 eggs

1/2 cup milk

Preheat the oven to 400 degrees, Grease two mini muffin tins.

Lay the pastry sheets on a floured work surface. Cut twelve rounds from each with a three-inch pastry cutter. Press the rounds into the muffin cups.

Heat the oil in a large pan. Add the onion. Cover and cook over medium-low heat for 30 minutes or until golden (caramelized onion is slow-cooked to bring out the sweetness, so don't rush this step). Transfer to a bowl to cool.

Add the bacon to the pan. Cook until crisp. Mix with the onion, add the mustard and season with pepper.

Place a small amount of the mixture in each pastry cup.

Beat the eggs with the milk. Pour over the onion and bacon.

Bake for 15 to 20 minutes or until puffed and golden.

Per Serving (excluding unknown items): 1159 Calories; 97g Fat (76.1% calories from fat); 52g Protein; 16g Carbohydrate; 2g Dietary Fiber; 537mg Cholesterol; 2013mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1159	Vitamin B6 (mg):	.5mg
% Calories from Fat:	76.1%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	5.7%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	97g	Folacin (mcg):	81mcg
Saturated Fat (g):	29g	Niacin (mg):	9mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	537mg	% Refused:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	52g	Lean Meat:	6 1/2
Sodium (mg):	2013mg	Vegetable:	1 1/2
Potassium (mg):	1043mg	Fruit:	0
Calcium (mg):	233mg	Non-Fat Milk:	1/2
Iron (mg):	4mg	Fat:	15
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	46mg		
Vitamin A (i.u.):	642IU		
Vitamin A (r.e.):	186 1/2RE		

Nutrition Facts

Amount Per Serving		
Calories	1159	Calories from Fat: 882
% Daily Values*		
Total Fat	97g	149%
Saturated Fat	29g	143%
Cholesterol	537mg	179%
Sodium	2013mg	84%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	8%
Protein	52g	
Vitamin A		13%
Vitamin C		77%
Calcium		23%
Iron		22%

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