

Zucchini, Bacon and Gruyere Quiche

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Servings: 6

1 (nine-inch) refrigerated pie dough round
1/4 pound bacon, coarsely chopped
1 medium zucchini, halved lengthwise and sliced
1/2 teaspoon Kosher salt, divided
3/4 cup heavy cream
3/4 cup whole milk
1/4 teaspoon black pepper
3 large eggs
2 ounces (1/2 cup) gruyere cheese, coarsely grated

Preheat the oven to 450 degrees.

Fit the pie dough into a 9-1/2-inch deep-dish pie plate. Lightly prick the dough all over. Bake according to package instructions. Cool on a rack.

Reduce the oven temperature to 350 degrees.

While the crust bakes, cook the bacon in a large skillet over medium-high heat until crisp, stirring occasionally, about 6 minutes. Transfer with a slotted spoon to a paper towel-lined plate, reserving the fat in the skillet.

Add the zucchini and 1/4 teaspoon of salt to the fat in the skillet and saute' over medium-high heat, stirring occasionally, until the zucchini is tender and starting to brown, about 5 minutes. Transfer to a plate with a slotted spoon.

Heat the cream, milk, pepper and remaining 1/4 teaspoon of salt in a medium saucepan until the mixture reaches a bare simmer. Remove from the heat.

Whisk together the eggs in a large heatproof bowl, then slowly and gradually whisk in the hot cream mixture until combined. Stir in the bacon, zucchini and cheese. Pour into the piecrust.

Bake until the filling is just set, 25 to 30 minutes.

Cool the quiche on a rack for about 20 minutes before cutting.

Per Serving (excluding unknown items): 421 Calories; 36g Fat (75.9% calories from fat); 22g Protein; 4g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 638mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	421	Vitamin B6 (mg):	.1mg
% Calories from Fat:	75.9%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	3.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	36g	Folacin (mcg):	26mcg
Saturated Fat (g):	18g	Niacin (mg):	2mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	208mg	% Protein:	100%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace		
Protein (g):	22g		
Sodium (mg):	638mg		
Potassium (mg):	302mg		
Calcium (mg):	439mg		
Iron (mg):	1mg		
Zinc (mg):	3mg		
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	1185IU		
Vitamin A (r.e.):	327 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 421 **Calories from Fat:** 320

		% Daily Values*
Total Fat	36g	55%
Saturated Fat	18g	92%
Cholesterol	208mg	69%
Sodium	638mg	27%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	2%
Protein	22g	
Vitamin A		24%
Vitamin C		16%
Calcium		44%
Iron		5%

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