

Onion-Bacon Quiche

Karen Collins

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

- 1 ten-inch unbaked pie shell
- 1/4 cup onion, chopped
- 1 package (16 ounce) bacon, cooked and crumbled
- 1 cup Swiss cheese, shredded
- 4 eggs
- 2 cups light cream or half-and-half
- 3/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- pinch ground nutmeg

In the bottom of the prepared pie shell, layer the onion, bacon and cheese.

In a bowl, beat the eggs, cream, salt, cayenne and nutmeg. Pour into the pieshell.

Bake for 40 minutes (do not preheat the oven) or until a toothpick inserted near the center comes out clean.

DO NOT mix ahead of time and leave in the pie shell before baking, the crust will become soggy.

Per Serving (excluding unknown items): 129 Calories; 9g Fat (63.9% calories from fat); 10g Protein; 2g Carbohydrate; trace Dietary Fiber; 160mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fat.

Breakfast

Per Serving Nutritional Analysis

| | | | | | |
|---------------------------------------|--|-------|----------------------------|--|--------|
| Calories (kcal): | | 129 | Vitamin B6 (mg): | | .1mg |
| % Calories from Fat: | | 63.9% | Vitamin B12 (mcg): | | .8mcg |
| % Calories from Carbohydrates: | | 4.8% | Thiamin B1 (mg): | | trace |
| % Calories from Protein: | | 31.3% | Riboflavin B2 (mg): | | .2mg |
| Total Fat (g): | | 9g | Folacin (mcg): | | 19mcg |
| Saturated Fat (g): | | 5g | Niacin (mg): | | trace |
| Monounsaturated Fat (g): | | 3g | Caffeine (mg): | | 0mg |
| Polyunsaturated Fat (g): | | 1g | Alcohol (kcal): | | 0 |
| Cholesterol (mg): | | 160mg | % Daily Value: | | on on% |
| Carbohydrate (g): | | 2g | Food Exchanges | | |
| Dietary Fiber (g): | | trace | Grain (Starch): | | 0 |
| | | 10g | | | 1 |
| | | | | | 1 |

Protein (g):
Sodium (mg): 379mg
Potassium (mg): 83mg
Calcium (mg): 202mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 353IU
Vitamin A (r.e.): 97 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 129 Calories from Fat: 83

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 9g | 14% |
| Saturated Fat | 5g | 23% |
| Cholesterol | 160mg | 53% |
| Sodium | 379mg | 16% |
| Total Carbohydrates | 2g | 1% |
| Dietary Fiber | trace | 1% |
| Protein | 10g | |

| | |
|------------------|-----|
| Vitamin A | 7% |
| Vitamin C | 1% |
| Calcium | 20% |
| Iron | 4% |

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