

QUICHE LORRAINE



Time
40min



Servings
6

Calcium Recommended Daily Intake
53.18%

Calories
780

Calcium
532mg

Protein
31g

Vitamin D
1.45 IU

Ingredients

- 300 g pre-made cooking pastry (round and rolled)
- butter for greasing
- 1 egg white
- 200 g breakfast bacon strips, cut into bits
- 250 ml cream
- 3 eggs, beaten
- 150g Emmental cheese, grated
- 150g Gruyère cheese, grated
- salt, pepper, nutmeg
- 6 slices breakfast bacon strips

Instructions

1. Lay the pastry in a 19cm round springform pan, and prick the base and sides with a fork. Baste the pastry with egg white and put it in the fridge for 10 minutes. Fry the bacon bits in a Teflon pan until glassy and then let cool a little.
2. Mix the bacon bits, cream, egg, cheese and spices together and pour into the form. Place the bacon strips on top and bake in an oven at 220°C for 20-30 minutes and serve hot.