

QUICHE LORRAINE

Quiche, a classic breakfast and brunch entrée, consists of an egg custard and fillings baked in a crust. The filling usually includes at least one type of cheese, and can also include any number of other ingredients, such as cooked, diced meats or blanched vegetables.

YIELD 1 Quiche, 10 in. (25 cm)	METHOD Custard Filling	
Bacon, diced and cooked	4 oz.	120 g
Swiss or Gruyère cheese, shredded	2 oz.	60 g
Mealy dough pie shell, 10-in. (25-cm), baked blind	1 shell	1 shell
Eggs	6.75 oz. (4 eggs)	200 g
Milk	16 fl. oz.	480 ml
Heavy cream	4 fl. oz.	120 ml
Salt and pepper	TT	TT
Nutmeg, ground	TT	TT

- 1 Place the bacon and cheese in the pie shell.
- 2 To make the custard, combine the eggs, milk and cream, and season with salt, pepper and nutmeg. Pour the custard over the bacon and cheese.
- 3 Bake at 350°F (180°C) until the custard is set and it reaches an internal temperature of 160°F (71°C), approximately 1 hour.

Approximate values per ⅛-quiche serving: **Calories** 330, **Total fat** 25 g, **Saturated fat** 11 g, **Cholesterol** 105 mg, **Sodium** 420 mg, **Total carbohydrates** 14 g, **Protein** 12 g, **Vitamin A** 10%, **Calcium** 15%

