



Bacon & Cheese Crustless Quiche

You need:

- 250g diced bacon (grated)
- 1x onion –medium (finely chopped)
- 120g cheddar cheese (grated)
- 4x Eggs (beaten)
- 1 tbsp oil
- Spices

Calories/s:

324

Servings (s) 4

Prep time:

10 - 15 min

Cook time

15 - 20 min

Method:

- Preheat the oven to 180°C.
- Cook onion and bacon with oil and spices, until cooked throughout.
- Place the onion and bacon mix at the bottom of an oven dish.
- Add the eggs and then top with cheese.
- Bake for 15-20 minutes, until egg is cooked throughout.

Nutrition Facts

Serving Size	per meal
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	Per serve
Energy	1356 kj
	324 kcal
Protein	24.66g
Carbohydrates	4.61g
Sugar	2.20g
Fat	22.19g
Saturated Fat	10.768g
Polyunsaturated Fat	2.178g
Monounsaturated Fat	7.921g
Cholesterol	244mg
Fiber	0.6g
Sodium	741mg
Potassium	150mg

Eggs(freerange) are among the most nutritious food on earth! It is a great source of protein, vitamins(A,B9/folate,B2,B5,B12,B6,D,E&K) and minerals (phosphorus,selenium calcium and zinc). Eggs are high in healthy fats, but it actually raises your HDL ('good') cholesterol and lower triglyceridelevels. It also contains choline(used to build cell membranes and brain chemicals, like acetylcholine).