

Asparagus Swiss Quiche

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-swiss-quiche-recipe>

Ingredients:

- 10 bacon strips, diced
- 1/2 cup chopped onion
- 1 pound fresh asparagus trimmed
- 1 cup swiss cheese
- 1 tablespoon all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 pastry shell unbaked, 9 inches
- 3 eggs Egglard's Best
- 1/2 cup cream half-and-half

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 125 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 11 grams
8. Sodium: 430 milligrams
9. Sugar: 2 grams

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