

# Mini Onion Quiche

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 3/4 cup crushed ritz crackers
- 3 tablespoons butter melted
- nonstick cooking spray
- 3 slices bacon cooked crisp and crumbled, reserve grease for onions
- 1/2 cup sweet onion chopped
- 2 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup swiss cheese grated, or Asiago

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 175 milligrams
4. Fat: 31 grams
5. Protein: 17 grams
6. SaturatedFat: 15 grams
7. Sodium: 710 milligrams
8. Sugar: 5 grams

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