

Quiche

Yield: 80 min
Total Time: 91 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-bacon-recipe>

Ingredients:

- 1 pie crust recipe, see post for link or use your favorite recipe
- 12 ounces bacon
- 1/2 teaspoon olive oil
- 1 yellow onion large, coarsely grated
- 2 large eggs
- 3 egg yolks
- 1 cup whole milk
- 1/2 cup heavy cream
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground nutmeg freshly
- 2 tablespoons fresh chives
- 3/4 cup swiss cheese grated, gruyere works nicely too, coarsely grated

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 20 milligrams
4. Fat: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 60 milligrams

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