

Bacon Swiss Quiche

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 gluten free pie crust par baked*
- 3 eggs
- 1 1/2 cups milk
- 1/4 teaspoon fine sea salt
- 2 cups shredded swiss cheese
- 1 tablespoon gluten free all purpose flour

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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