

Quiche Lorraine

LaVerne Olsen

Trinity Jubilee Cookbook - Trinity United Methodist Church

1 can crescent dinner rolls
1 can evaporated milk
2 eggs, beaten
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 cup Swiss cheese, shredded or grated
1 can (3-1/2 ounce) French's fried onions
9 slices crisp bacon (crumbled) OR 4 ounces boiled or baked ham (diced)

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Preheat the oven to 325 degrees.

Unroll the dough and place in a nine-inch pie pan, pressing the pieces together to form a pie crust.

In a bowl, combine the milk, eggs, salt and Worcestershire sauce. Stir in the cheese.

Sprinkle half of the onions and half of the meat over the unbaked crust. Pour the egg/milk/cheese mixture over it. Sprinkle the top with the remaining onions.

Bake for 25 minutes.

Cool 5 minutes before serving.

Per Serving (excluding unknown items): 915 Calories; 60g Fat (59.4% calories from fat); 62g Protein; 30g Carbohydrate; 0g Dietary Fiber; 602mg Cholesterol; 1792mg Sodium. Exchanges: 5 1/2 Lean Meat; 2 Non-Fat Milk; 8 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	915	Vitamin B6 (mg):	.3mg
% Calories from Fat:	59.4%	Vitamin B12 (mcg):	3.6mcg
% Calories from Carbohydrates:	13.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.2%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	60g	Folacin (mcg):	75mcg
Saturated Fat (g):	35g	Niacin (mg):	1mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 3g
Cholesterol (mg): 602mg
Carbohydrate (g): 30g
Dietary Fiber (g): 0g
Protein (g): 62g
Sodium (mg): 1792mg
Potassium (mg): 1043mg
Calcium (mg): 1809mg
Iron (mg): 3mg
Zinc (mg): 7mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 2449IU
Vitamin A (r.e.): 613RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 915 **Calories from Fat:** 544

% Daily Values*

Total Fat	60g	92%
Saturated Fat	35g	174%
Cholesterol	602mg	201%
Sodium	1792mg	75%
Total Carbohydrates	30g	10%
Dietary Fiber	0g	0%
Protein	62g	
Vitamin A		49%
Vitamin C		15%
Calcium		181%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.