

Low-Carb Quiche Lorraine

Ingredients:

- 1/2 cup cooked, crumbled bacon
- 1 cup grated Gruyère cheese
- 9 eggs
- 1/4 cup dried onion
- 1 cup heavy cream
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon ground nutmeg



Directions

1. Preheat oven to 375°F.
2. Spray a 9-inch pie pan with cooking spray.
3. Sprinkle 1/3 of the bacon in the pan, followed by half of the cheese, spreading evenly. Add another layer of half of the remaining bacon and the other half of the cheese, then top with the remaining bacon. Set aside.
4. Combine eggs, onion, heavy cream, salt, pepper, and nutmeg in a large bowl. Gently pour over the bacon and cheese in the pie pan.
5. Bake 35–40 minutes until lightly browned on top. Allow to stand for 10 minutes before serving.

Makes 6 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.