



Crab and Cheddar Quiche

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 cup crab meat
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 pinch seafood seasoning to taste old bay® (such as)
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 0.5 cup milk whole

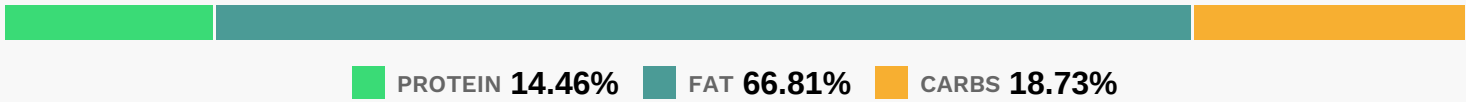
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat eggs, mayonnaise, milk, flour, and 1 teaspoon seafood seasoning in a bowl until smooth and creamy; stir Cheddar cheese and parsley into egg mixture. Gently fold crabmeat into the filling.
- ☐ Pour crabmeat filling into the pie crust.
- ☐ Sprinkle a pinch of seafood seasoning over the quiche.
- ☐ Bake in the preheated oven until a knife inserted into the center of the quiche comes out clean and the top is lightly browned, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:13.825652101766%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 326.02kcal (16.3%), Fat: 24.03g (36.97%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.35g (5.22%), Sugar: 0.96g (1.07%), Cholesterol: 92.04mg (30.68%), Sodium: 490.48mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.41%), Vitamin K: 87.59µg (83.42%), Vitamin B12: 2.29µg (38.1%), Selenium: 19.39µg (27.7%), Phosphorus: 184.11mg (18.41%), Calcium: 150.09mg (15.01%), Zinc: 2.23mg (14.89%), Vitamin B2: 0.23mg (13.3%), Copper: 0.24mg (12.05%), Folate: 47.47µg (11.87%), Vitamin A:

588.92IU (11.78%), Iron: 1.48mg (8.21%), Vitamin C: 6.47mg (7.85%), Vitamin B1: 0.12mg (7.78%), Manganese: 0.15mg (7.64%), Magnesium: 24.37mg (6.09%), Vitamin E: 0.89mg (5.95%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 1.11mg (5.53%), Vitamin B6: 0.1mg (4.9%), Potassium: 150.05mg (4.29%), Vitamin D: 0.61µg (4.07%), Fiber: 0.81g (3.25%)