



## Crab and Mushroom Quiche

READY IN



**110 min.**

SERVINGS



**8**

CALORIES



**472 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 5.2 ounce garlic and herb cheese spread boursin® (such as )
- ☐ 2 tablespoons butter
- ☐ 0.5 cup butter-flavored shortening
- ☐ 1 pinch celery salt
- ☐ 8 cremini mushrooms thinly sliced
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose

- ☐ 0.3 teaspoon garlic minced
- ☐ 4 green onions chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 3 tablespoons ice water or as needed
- ☐ 0.8 cup cheese blend shredded italian
- ☐ 8 ounce lump crab meat drained canned
- ☐ 3 dashes pepper sauce hot to taste redhot® (such as Frank's )
- ☐ 0.5 bell pepper diced red
- ☐ 0.3 teaspoon salt

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pie form

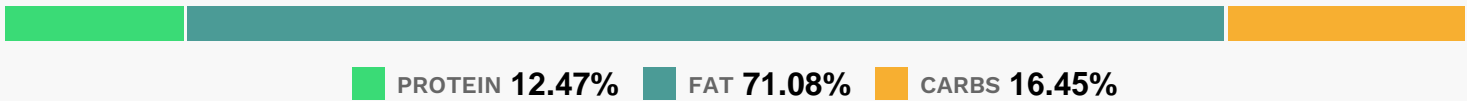
## Directions

- ☐ Whisk flour, 1 egg, salt, and baking powder together in a bowl;
- ☐ Add butter-flavored shortening into flour mixture and combine by hand until mixture resembles coarse crumbs. Stir ice water into the mixture, adding enough so the dough just holds together. Form dough into a ball, wrap in waxed paper, and refrigerate 30 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Generously flour a large sheet of waxed paper and roll the dough out to an even circle about 11 inches across; fit crust into a 9-inch pie dish. Press edges of dough gently over rim of crust.
- ☐ Bake the crust in the preheated oven until lightly browned, 6 to 7 minutes.
- ☐ Reduce oven heat to 375 degrees F (190 degrees C).
- ☐ Heat butter in a large skillet over medium heat; cook and stir mushrooms, green onions, and red bell pepper in the hot butter until vegetables soften, about 7 minutes; stir in garlic and

cook a few minutes more. Season vegetables with salt and black pepper.

- ☐
- Whisk cream, eggs, celery salt, and hot sauce together in a bowl until thoroughly combined; stir crabmeat and mushroom mixture into egg mixture. Crumble about 3/4 of the herb cheese spread into the bottom of the crust and pour crabmeat mixture over the cheese spread. Crumble remaining herb cheese spread into crabmeat filling and spread Italian cheese blend over the top.
- ☐
- Bake in the oven until crabmeat filling is set and cheese topping is lightly golden brown, 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:42.88, Glycemic Load:11.02, Inflammation Score:-6, Nutrition Score:15.043913022332%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 472.39kcal (23.62%), Fat: 37.94g (58.36%), Saturated Fat: 16.63g (103.91%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.77g (6.83%), Sugar: 1.8g (2%), Cholesterol: 157.02mg (52.34%), Sodium: 514.31mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.95%), Vitamin B12: 2.82µg (47.01%), Selenium: 29.88µg (42.69%), Vitamin B2: 0.38mg (22.1%), Copper: 0.42mg (20.87%), Vitamin K: 21.09µg (20.08%), Vitamin A: 943.7IU (18.87%), Folate: 72.13µg (18.03%), Phosphorus: 176.03mg (17.6%), Zinc: 2.45mg (16.31%), Vitamin C: 12.87mg (15.6%), Vitamin B1: 0.21mg (13.97%), Vitamin B3: 2.37mg (11.84%), Manganese: 0.21mg (10.52%), Vitamin E: 1.54mg (10.24%), Vitamin B5: 1.02mg (10.19%), Iron: 1.72mg (9.58%), Calcium: 86.51mg (8.65%), Potassium: 261.85mg (7.48%), Vitamin B6: 0.15mg (7.4%), Magnesium: 27.16mg (6.79%), Vitamin D: 0.94µg (6.24%), Fiber: 0.99g (3.95%)