



Crab and Swiss Quiche

READY IN



55 min.

SERVINGS



8

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 teaspoon cornstarch
- 2 eggs lightly beaten
- 0.5 pound imitation crab meat flaked
- 0.5 cup mayonnaise
- 0.5 cup milk
- 1.5 cups swiss cheese shredded
- 19-inch unbaked pie crust ()

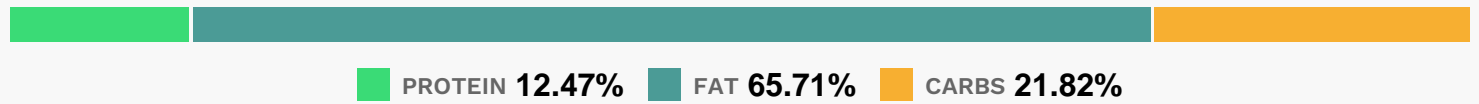
Equipment

- bowl
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together eggs, milk, mayonnaise and cornstarch.
- Mix in the imitation crab and Swiss cheese.
- Pour into pie shell.
- Bake in preheated oven until a knife inserted into center of the quiche comes out clean, about 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:7.3617391793624%

Nutrients (% of daily need)

Calories: 342.93kcal (17.15%), Fat: 24.8g (38.16%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.6g (6.4%), Sugar: 1.79g (1.99%), Cholesterol: 70.58mg (23.53%), Sodium: 409.37mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin K: 25.01µg (23.82%), Calcium: 211.02mg (21.1%), Phosphorus: 174.39mg (17.44%), Selenium: 11.52µg (16.45%), Vitamin B12: 0.81µg (13.48%), Vitamin B2: 0.18mg (10.46%), Zinc: 1.22mg (8.15%), Folate: 25.19µg (6.3%), Manganese: 0.12mg (5.82%), Vitamin B1: 0.09mg (5.69%), Vitamin E: 0.82mg (5.46%), Vitamin A: 261.53IU (5.23%), Iron: 0.9mg (5%), Vitamin B5: 0.44mg (4.38%), Fiber: 0.94g (3.76%), Vitamin B3: 0.71mg (3.56%), Magnesium: 13.73mg (3.43%), Vitamin B6: 0.06mg (2.79%), Vitamin D: 0.42µg (2.77%), Potassium: 79.49mg (2.27%), Copper: 0.04mg (1.96%)