



Crab, Broccoli and Roasted Red Pepper Quiche

READY IN



95 min.

SERVINGS



6

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup broccoli green frozen thawed drained well giant®
- ☐ 6 oz crabmeat white drained well canned
- ☐ 4 eggs
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 cup milk
- ☐ 2 tablespoons parmesan fresh shredded
- ☐ 1 cup provolone cheese shredded
- ☐ 1 box pie crust dough refrigerated softened pillsbury®

- ☐ 0.3 cup roasted peppers red drained chopped well (from a jar)
- ☐ 0.3 teaspoon salt

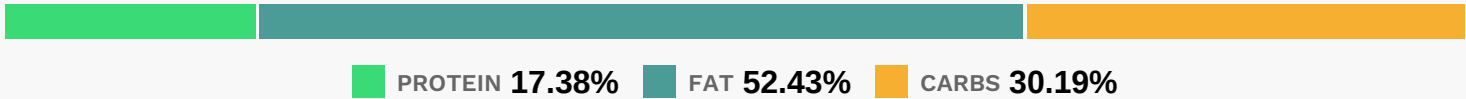
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Heat oven to 425°F. Prepare pie crust as directed on package for one-crust baked shell using 9-inch glass pie pan.
- ☐ Bake at 425°F. for 9 to 11 minutes or until light golden brown.
- ☐ Remove baked shell from oven. Reduce oven temperature to 350°F.
- ☐ Layer crabmeat, broccoli, provolone cheese, roasted peppers and Parmesan cheese in baked shell.
- ☐ Beat eggs in medium bowl until well blended.
- ☐ Add milk, salt and ground red pepper; blend well.
- ☐ Pour over mixture in shell. Cover crust with strips of foil to prevent excessive browning.
- ☐ Bake at 350°F. for 50 to 60 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:17.5339130526%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 484.82kcal (24.24%), Fat: 28.05g (43.15%), Saturated Fat: 11.23g (70.17%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 34.2g (12.44%), Sugar: 2.45g (2.73%), Cholesterol: 157.81mg (52.6%), Sodium: 884.25mg (38.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Selenium: 29.7µg (42.43%), Phosphorus: 345.54mg (34.55%), Calcium: 301.17mg (30.12%), Vitamin B12: 1.77µg (29.43%), Vitamin B2: 0.43mg (25.05%), Folate: 87.76µg (21.94%), Vitamin C: 17.67mg (21.41%), Vitamin K: 20.67µg (19.68%), Manganese: 0.37mg (18.62%), Zinc: 2.76mg (18.38%), Copper: 0.33mg (16.3%), Vitamin B1: 0.24mg (16.11%), Iron: 2.69mg (14.94%), Vitamin B3: 2.82mg (14.12%), Vitamin B5: 1.35mg (13.53%), Vitamin A: 581.29IU (11.63%), Vitamin B6: 0.21mg (10.52%), Magnesium: 39.5mg (9.88%), Potassium: 330.03mg (9.43%), Vitamin E: 1.34mg (8.92%), Fiber: 2.15g (8.61%), Vitamin D: 1.15µg (7.68%)