



## Crab Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 0.5 teaspoon pepper black
- 19-inch deep dish pie crust frozen ()
- 4 eggs
- 1 spring onion chopped
- 1 cup heavy whipping cream
- 8 ounce imitation crab flaked
- 1 cup monterrey jack cheese shredded
- 0.3 cup parmesan cheese grated
- 3 dashes hot sauce hot

0.5 teaspoon salt

## Equipment

bowl

oven

whisk

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Bake the pie crust for about 10 minutes, until just starting to brown.

Remove from the oven, and allow to cool.

In a large bowl, whisk together the eggs, cream, salt, pepper, and hot sauce. Stir in shredded cheese, onion and imitation crab.

Pour into the pie shell.

Bake for 25 to 30 minutes in the preheated oven, then turn off the oven, but leave the door closed. Leave quiche in the oven for an additional 20 to 30 minutes until firm. This will give it a smoother texture.

## Nutrition Facts

 **PROTEIN 12.43%** **FAT 65.43%** **CARBS 22.14%**

## Properties

Glycemic Index:11.38, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:7.4530434219734%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 359.53kcal (17.98%), Fat: 26.11g (40.17%), Saturated Fat: 13.01g (81.33%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 19.11g (6.95%), Sugar: 1.99g (2.22%), Cholesterol: 133.87mg (44.62%), Sodium: 584.36mg (25.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Selenium: 12.08µg (17.25%), Calcium: 172.33mg (17.23%), Phosphorus: 163.31mg (16.33%), Vitamin B2: 0.26mg (15.54%), Vitamin A: 707.48IU (14.15%),

Folate: 37µg (9.25%), Vitamin K: 8.97µg (8.55%), Manganese: 0.16mg (8.19%), Zinc: 1.05mg (7.01%), Vitamin D: 1.02µg (6.78%), Vitamin B12: 0.4µg (6.71%), Iron: 1.2mg (6.69%), Vitamin E: 0.92mg (6.12%), Vitamin B5: 0.56mg (5.58%), Vitamin B1: 0.08mg (5.52%), Vitamin B3: 0.77mg (3.83%), Vitamin B6: 0.08mg (3.81%), Magnesium: 14.39mg (3.6%), Fiber: 0.78g (3.11%), Potassium: 107.41mg (3.07%), Copper: 0.05mg (2.51%)