

Crab Quiche Bake

READY IN



40 min.

SERVINGS



8

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup breadcrumbs soft
- 8 eggs beaten
- 0.5 cup spring onion chopped
- 2 cups half and half
- 8 ounces imitation crab chopped
- 0.5 teaspoon pepper
- 1 large bell pepper sweet red chopped
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded

4 ounces swiss cheese shredded

Equipment

bowl

oven

knife

baking pan

Directions

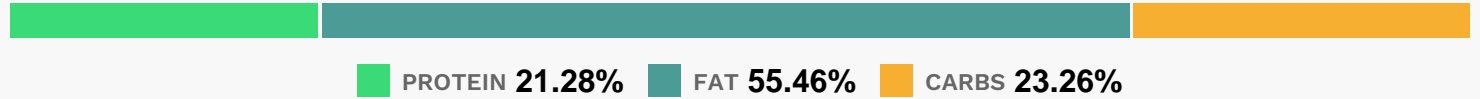
In a large bowl, combine all ingredients.

Transfer to a greased 13-in. x 9-in. baking dish.

Bake, uncovered, at 350° for 30–35 minutes or until a knife inserted near the center comes out clean.

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:15.604347622913%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 344.75kcal (17.24%), Fat: 21.15g (32.54%), Saturated Fat: 11.11g (69.44%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 18.41g (6.69%), Sugar: 5.49g (6.1%), Cholesterol: 215.33mg (71.78%), Sodium: 768.99mg (33.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.52%), Selenium: 27.19µg (38.84%), Calcium: 347.12mg (34.71%), Vitamin C: 27.96mg (33.89%), Phosphorus: 320.99mg (32.1%), Vitamin B2: 0.5mg (29.47%), Vitamin A: 1416.3IU (28.33%), Vitamin B12: 1.13µg (18.87%), Vitamin K: 16.49µg (15.71%), Zinc: 2.22mg (14.78%), Folate: 54.64µg (13.66%), Vitamin B1: 0.19mg (12.44%), Vitamin B5: 1.11mg (11.15%), Vitamin B6: 0.2mg (10.25%), Manganese: 0.19mg (9.44%), Iron: 1.69mg (9.38%), Vitamin E: 1.17mg (7.83%), Magnesium: 29.57mg

(7.39%), Potassium: 250.24mg (7.15%), Vitamin D: 0.96µg (6.43%), Vitamin B3: 1.25mg (6.23%), Fiber: 1.54g (6.18%),
Copper: 0.09mg (4.67%)