



Crab Quiche Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce breadstick dough refrigerated canned
- ☐ 0.1 teaspoon tarragon dried
- ☐ 0.5 cup egg substitute
- ☐ 1 cup evaporated skim milk
- ☐ 0.1 teaspoon nutmeg
- ☐ 3 ounces gruyere cheese grated
- ☐ 8 ounces lump crab meat drained
- ☐ 0.1 teaspoon old bay seasoning
- ☐ 0.5 cup onion chopped

- ☐ 0.1 teaspoon pepper
- ☐ 4 cups pkt spinach coarsely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Unroll dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern.
- ☐ Add second strip of dough to the end of the first strip, pinching ends together to seal; continue coiling dough. Repeat procedure with remaining dough strips. Cover dough with a towel; let rest 20 minutes.
- ☐ Roll dough into a 13-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.
- ☐ Sprinkle cheese over bottom of crust. Top with crabmeat; set aside.
- ☐ Preheat oven to 37
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add spinach and next 4 ingredients (spinach through pepper); cook 2 minutes or until spinach wilts. Arrange spinach mixture over crabmeat.
- ☐ Combine milk and egg substitute; stir well with a whisk.
- ☐ Pour over spinach mixture.
- ☐ Bake at 375 for 45 minutes or until a knife inserted in center comes out clean; let stand 10 minutes.
- ☐ Garnish with cherry tomatoes, if desired.

Nutrition Facts



 PROTEIN **29.84%**  FAT **36.85%**  CARBS **33.31%**

Properties

Glycemic Index:38.5, Glycemic Load:0.39, Inflammation Score:0, Nutrition Score:20.776521703471%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 250.84kcal (12.54%), Fat: 10.36g (15.94%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 19.79g (7.19%), Sugar: 7.76g (8.63%), Cholesterol: 33.17mg (11.06%), Sodium: 843.95mg (36.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.77%), Vitamin K: 97.48µg (92.84%), Vitamin B12: 3.8µg (63.32%), Vitamin A: 2235.34IU (44.71%), Selenium: 25.42µg (36.31%), Calcium: 322.9mg (32.29%), Phosphorus: 280.16mg (28.02%), Zinc: 3.51mg (23.43%), Copper: 0.4mg (19.85%), Vitamin B2: 0.31mg (18.06%), Folate: 66.63µg (16.66%), Magnesium: 55.66mg (13.92%), Vitamin C: 9.89mg (11.99%), Potassium: 406.16mg (11.6%), Manganese: 0.23mg (11.43%), Vitamin B5: 0.89mg (8.89%), Vitamin B6: 0.17mg (8.75%), Vitamin D: 1.26µg (8.39%), Iron: 1.37mg (7.61%), Vitamin B1: 0.09mg (6.01%), Fiber: 1.29g (5.16%), Vitamin E: 0.77mg (5.12%), Vitamin B3: 0.7mg (3.5%)