



Crab Quiche I

READY IN



60 min.

SERVINGS



8

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup crab meat
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 0.5 cup green onions chopped
- 0.5 cup mayonnaise
- 0.5 cup milk
- 1 cup swiss cheese diced
- 19-inch unbaked pie crust ()

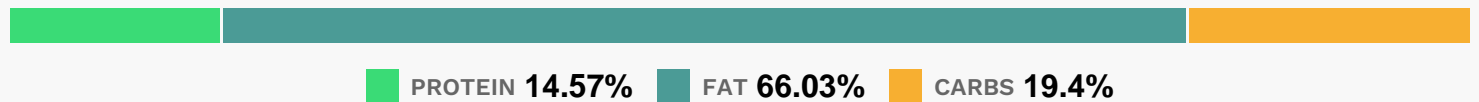
Equipment

- bowl
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, beat together eggs, mayonnaise, flour, and milk until thoroughly blended. Stir in crab, cheese, and onion.
- Spread into pie shell.
- Bake for 40 to 45 minutes, or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:10.950000130612%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 313.85kcal (15.69%), Fat: 22.86g (35.18%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 14.27g (5.19%), Sugar: 1g (1.12%), Cholesterol: 70mg (23.34%), Sodium: 414.14mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.71%), Vitamin B12: 2.49µg (41.58%), Vitamin K: 37.86µg (36.05%), Selenium: 17.79µg (25.42%), Phosphorus: 185.94mg (18.59%), Calcium: 165.38mg (16.54%), Zinc: 2.21mg (14.77%), Copper: 0.24mg (11.87%), Vitamin B2: 0.18mg (10.63%), Folate: 41.26µg (10.31%), Vitamin B1: 0.11mg (7.45%), Manganese: 0.15mg (7.3%), Iron: 1.19mg (6.63%), Magnesium: 23.45mg (5.86%), Vitamin A: 272.86IU (5.46%), Vitamin E: 0.81mg (5.43%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.5mg (4.95%), Vitamin B6: 0.09mg (4.36%), Potassium: 136.79mg (3.91%), Fiber: 0.84g (3.35%), Vitamin C: 2.64mg (3.21%), Vitamin D: 0.42µg (2.77%)