



Crabmeat-Parmesan Quiche

READY IN



45 min.

SERVINGS



6

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 large eggs
- ☐ 3 to 4 green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup half-and-half
- ☐ 1 teaspoon lemon rind grated
- ☐ 12 ounce lump crab meat rinsed drained canned
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 2 teaspoons olive oil

- ☐ 5 ounce parmesan cheese shredded
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt

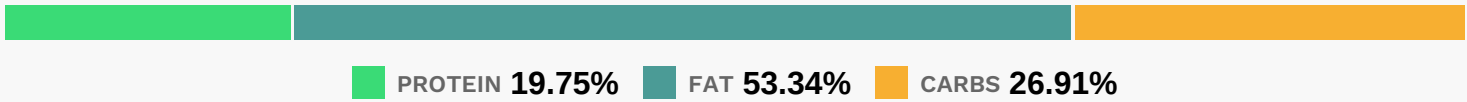
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Unfold piecrust, and place on a lightly floured surface.
- ☐ Roll to 1/8-inch thickness. Carefully place piecrust in a 9-inch pieplate; fold edges under, and crimp.
- ☐ Bake on lowest oven rack at 400 for 8 minutes. Cool.
- ☐ Saut chopped green onions in hot oil in a large skillet over medium-high heat 2 minutes. Stir in crabmeat and next 3 ingredients; saut 2 minutes.
- ☐ Whisk together half-and-half and next 3 ingredients in a large bowl; stir in cheese and crabmeat mixture.
- ☐ Pour into prepared crust.
- ☐ Bake on lowest oven rack at 400 for 35 to 40 minutes or until set.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:22.220869686293%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 567.43kcal (28.37%), Fat: 33.3g (51.24%), Saturated Fat: 13.52g (84.52%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 35.8g (13.02%), Sugar: 2.11g (2.35%), Cholesterol: 146.99mg (49%), Sodium: 1300.42mg (56.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.48%), Vitamin B12: 5.69µg (94.76%), Selenium: 39.02µg (55.74%), Phosphorus: 429.77mg (42.98%), Calcium: 383.35mg (38.34%), Zinc: 4.85mg (32.36%), Copper: 0.61mg (30.66%), Vitamin B2: 0.42mg (24.81%), Folate: 93.34µg (23.34%), Vitamin K: 20.91µg (19.91%), Manganese: 0.38mg (18.9%), Vitamin B1: 0.25mg (16.98%), Iron: 3mg (16.66%), Magnesium: 57.67mg (14.42%), Vitamin B3: 2.71mg (13.53%), Vitamin A: 558.77IU (11.18%), Vitamin B5: 1.1mg (10.99%), Vitamin B6: 0.21mg (10.62%), Potassium: 314.1mg (8.97%), Fiber: 2.01g (8.06%), Vitamin C: 5.94mg (7.2%), Vitamin E: 0.98mg (6.55%), Vitamin D: 0.62µg (4.12%)