



## Mini Crab Cake Quiches with Chili-Lime Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon mustard dry
- ☐ 3 large eggs
- ☐ 1 small garlic clove pressed
- ☐ 0.3 cup breadcrumbs gluten-free panko-style such as Kinnikinnick
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 teaspoons juice of lime fresh
- ☐ 1.5 teaspoons lime rind grated
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 1 pound lump crab meat drained
- ☐ 2 teaspoons old bay seasoning
- ☐ 1 teaspoon worcestershire sauce

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

## Directions

- ☐ To prepare sauce, combine first 5 ingredients in a small bowl, stirring with a whisk until smooth. Cover and refrigerate.
- ☐ To prepare quiches, preheat oven to 37
- ☐ Combine breadcrumbs and next 4 ingredients in a small bowl.
- ☐ Combine mayonnaise and next 3 ingredients in a medium bowl, stirring with a whisk until eggs are beaten. Fold crabmeat into egg mixture; fold in breadcrumb mixture. Lightly spoon crab mixture evenly into 24 miniature muffin cups coated with cooking spray.
- ☐ Bake at 375 for 15 minutes or until set and beginning to brown. Cool in pans 5 minutes before serving. Run a small sharp knife around edges of quiches; remove from muffin cups, and place on a serving platter.
- ☐ Serve with sauce.

## Nutrition Facts



 **PROTEIN 39.73%**  **FAT 44.77%**  **CARBS 15.5%**

Properties

Glycemic Index:18.17, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:8.4604346648507%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 90.51kcal (4.53%), Fat: 4.42g (6.8%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.65g (0.72%), Cholesterol: 64.43mg (21.48%), Sodium: 481.92mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Vitamin B12: 3.51µg (58.55%), Selenium: 18.35µg (26.21%), Copper: 0.37mg (18.33%), Zinc: 2.45mg (16.31%), Phosphorus: 119.75mg (11.97%), Vitamin K: 9.69µg (9.23%), Folate: 24.18µg (6.04%), Magnesium: 22.08mg (5.52%), Calcium: 49.89mg (4.99%), Vitamin B2: 0.08mg (4.47%), Vitamin C: 3.66mg (4.44%), Vitamin B6: 0.09mg (4.4%), Iron: 0.67mg (3.71%), Vitamin B5: 0.34mg (3.38%), Potassium: 110.13mg (3.15%), Vitamin E: 0.44mg (2.91%), Manganese: 0.05mg (2.61%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 104.2IU (2.08%), Vitamin B1: 0.03mg (1.74%), Vitamin D: 0.25µg (1.67%)