



Seafood Quiche

READY IN



55 min.

SERVINGS



8

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 oz crab meat flaked drained canned
- 8 oz philadelphia cream cheese softened
- 0.5 tsp dill weed
- 4 eggs
- 0.5 cup green onions sliced
- 0.5 tsp lemon pepper seasoning
- 0.5 cup milk
- 1 baked pastry shell (9 inch)

Equipment

- oven
- knife
- hand mixer

Directions

- Preheat oven to 350F.
- Mix all ingredients except pastry shell with electric mixer on medium speed until well blended.
- Pour into pastry shell.
- Bake 40 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 19.47% **FAT 68.86%** **CARBS 11.67%**

Properties

Glycemic Index:25, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:8.180434750474%

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: 192.17kcal (9.61%), Fat: 14.74g (22.68%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.07g (2.3%), Cholesterol: 132.93mg (44.31%), Sodium: 261.42mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Selenium: 20.07µg (28.67%), Vitamin B12: 1.05µg (17.48%), Phosphorus: 145.09mg (14.51%), Vitamin K: 14.86µg (14.15%), Vitamin B2: 0.23mg (13.44%), Vitamin A: 588.2IU (11.76%), Copper: 0.21mg (10.39%), Zinc: 1.36mg (9.03%), Calcium: 83.58mg (8.36%), Folate: 32.35µg (8.09%), Vitamin B5: 0.77mg (7.74%), Vitamin E: 0.94mg (6.27%), Vitamin B6: 0.1mg (5.06%), Potassium: 168.27mg (4.81%), Vitamin B3: 0.92mg (4.61%), Iron: 0.78mg (4.32%), Magnesium: 17.08mg (4.27%), Vitamin D: 0.61µg (4.05%), Manganese: 0.08mg (4.02%), Vitamin B1: 0.06mg (3.71%), Vitamin C: 1.88mg (2.28%), Fiber: 0.28g (1.13%)