



Shrimp-and-Artichoke Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 14 ounce artichoke hearts drained cut in half lengthwise canned
- 1 cup bisquick original baking mix all-purpose
- 1.5 teaspoons cajun spice
- 2 large eggs
- 3 small green onions sliced
- 1 cup milk
- 4 ounce parmesan cheese shredded
- 1.5 cups shrimp frozen thawed cooked coarsely chopped
- 4 ounce swiss cheese shredded

Equipment

- oven
- knife
- whisk

Directions

- Sprinkle shrimp and green onions in a lightly greased 9-inch pieplate.
- Combine Swiss and Parmesan cheeses; sprinkle half of cheese mixture evenly over shrimp mixture.
- Whisk together baking mix and next 3 ingredients until blended.
- Pour evenly over cheeses in pieplate; top with artichoke heart halves, cut sides down, and remaining cheese mixture.
- Bake at 400 for 30 to 35 minutes or until a knife inserted in center comes out clean.
- Let stand 10 minutes before serving.

Nutrition Facts

 **PROTEIN 34.04%**  **FAT 44.48%**  **CARBS 21.48%**

Properties

Glycemic Index:17.38, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:10.422608748726%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 262.46kcal (13.12%), Fat: 12.81g (19.71%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.66g (4.6%), Sugar: 3.84g (4.27%), Cholesterol: 144.7mg (48.23%), Sodium: 710.57mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.11%), Phosphorus: 419.84mg (41.98%), Calcium: 395.95mg (39.59%), Selenium: 13.03µg (18.62%), Vitamin B12: 0.93µg (15.54%), Vitamin B2: 0.26mg (15.35%), Zinc: 2mg (13.36%), Copper: 0.22mg (11.06%), Vitamin A: 549.26IU (10.99%), Magnesium: 36.39mg (9.1%), Vitamin B1: 0.12mg (7.85%), Folate: 28.28µg (7.07%), Potassium: 241.39mg (6.9%), Iron: 1.11mg (6.15%), Vitamin B5: 0.57mg (5.74%), Vitamin K: 5.73µg (5.45%), Fiber: 1.26g (5.03%), Vitamin D: 0.66µg (4.38%), Vitamin B6: 0.08mg (4.16%),

Manganese: 0.08mg (4.14%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.4mg (2.68%)