

Maine Crabmeat Breakfast Pie

*The Arundel Meadows Inn - Kennebunk, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

8 eggs
1 bunch green onions, chopped
1 large red bell pepper, chopped
6 ounces crabmeat
1 cup Swiss cheese, grated
1 cup Cheddar cheese, grated
2 cups half-and-half
1 teaspoon salt
1/2 teaspoon pepper
1 cup fresh bread crumbs

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Preheat the oven to 350 degrees.

Butter a ten-inch quiche pan.

In a bowl, beat the eggs.

In a bowl, mix the onions, pepper, crabmeat, Swiss, Cheddar, half-and-half, salt, pepper and bread crumbs. Add to the eggs. Pour the mixture into the quiche pan.

Bake until set, 30 to 45 minutes.

Cut in wedges and serve hot.

(Serve for breakfast, lunch or dinner with a salad.)

Per Serving (excluding unknown items): 223 Calories; 14g Fat (57.5% calories from fat); 18g Protein; 5g Carbohydrate; 1g Dietary Fiber; 257mg Cholesterol; 554mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	223	Vitamin B6 (mg):	.2mg
% Calories from Fat:	57.5%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	9.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	33.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	14g	Folacin (mcg):	43mcg
Saturated Fat (g):	7g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 257mg
Carbohydrate (g): 5g
Dietary Fiber (g): 1g
Protein (g): 18g
Sodium (mg): 554mg
Potassium (mg): 206mg
Calcium (mg): 294mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 1370IU
Vitamin A (r.e.): 237RE

Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 223 **Calories from Fat:** 128

% Daily Values*

Total Fat 14g	22%
Saturated Fat 7g	36%
Cholesterol 257mg	86%
Sodium 554mg	23%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	2%
Protein 18g	
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Vitamin A	27%
Vitamin C	49%
Calcium	29%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.