

Mini Curried Apple and Onion Quiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 quiches

2 sheets ready-rolled shortcut pastry
1 small onion, thinly sliced
1 small green apple, peeled and grated
1/4 teaspoon curry powder
2 eggs, lightly beaten
1/2 cup milk
2 tablespoons cream
3/4 ounce Cheddar cheese, grated

Preheat the oven to 400 degrees, Grease two mini muffin tins.

Lay the pastry sheets on a floured work surface. Cut twelve rounds from each with a three-inch pastry cutter. Press the rounds into the muffin cups.

In a pan, heat a little oil. Lightly brown the onion. Add the green apple. Add the curry powder and stir for 1 minute. Cool slightly.

Spoon heaped teaspoons into the pastry shells.

In a bowl, mix the eggs, milk and cream. Pour enough into each pastry shell to cover the onion. Sprinkle with a little Cheddar.

Bake for 15 to 20 minutes or until puffed and golden.

Per Serving (excluding unknown items): 487 Calories; 29g Fat (52.9% calories from fat); 24g Protein; 33g Carbohydrate; 5g Dietary Fiber; 489mg Cholesterol; 349mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 1/2 Non-Fat Milk; 4 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	487	Vitamin B6 (mg):	.4mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	27.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	19.8%	Riboflavin B2 (mg):	.8mg

Total Fat (g): 29g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 489mg
Carbohydrate (g): 33g
Dietary Fiber (g): 5g
Protein (g): 24g
Sodium (mg): 349mg
Potassium (mg): 720mg
Calcium (mg): 408mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 1214IU
Vitamin A (r.e.): 329 1/2RE

Folacin (mcg): 82mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 1 1/2
Fruit: 1
Non-Fat Milk: 1/2
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 487 **Calories from Fat:** 258

% Daily Values*

Total Fat 29g	44%
Saturated Fat 15g	74%
Cholesterol 489mg	163%
Sodium 349mg	15%
Total Carbohydrates 33g	11%
Dietary Fiber 5g	19%
Protein 24g	
Vitamin A	24%
Vitamin C	23%
Calcium	41%
Iron	14%

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