

Mini Smoked Salmon Quiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 quiches

2 sheets ready-rolled shortcut pastry
3 1/2 ounces cream cheese, softened
1/4 cup cream
2 eggs
cracked black pepper (to taste)
3 1/2 ounces smoked salmon, finely chopped

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.

Into the bowl of a food processor, place the cream cheese, cream and eggs. Mix together.

Add some black pepper to taste. Sprinkle a little smoked salmon into each pastry shell. Pour the cream cheese mixture over the top.

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

Per Serving (excluding unknown items): 756 Calories; 64g Fat (76.1% calories from fat); 40g Protein; 5g Carbohydrate; 0g Dietary Fiber; 608mg Cholesterol; 1233mg Sodium. Exchanges: 5 Lean Meat; 10 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	756	Vitamin B6 (mg):	.5mg
% Calories from Fat:	76.1%	Vitamin B12 (mcg):	5.1mcg
% Calories from Carbohydrates:	2.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.0%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	64g	Folacin (mcg):	64mcg
Saturated Fat (g):	35g	Niacin (mg):	5mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 4g
Cholesterol (mg): 608mg
Carbohydrate (g): 5g
Dietary Fiber (g): 0g
Protein (g): 40g
Sodium (mg): 1233mg
Potassium (mg): 495mg
Calcium (mg): 196mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): trace
Vitamin A (i.u.): 2554IU
Vitamin A (r.e.): 731RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 10
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 756 Calories from Fat: 575

% Daily Values*

Total Fat	64g	98%
Saturated Fat	35g	176%
Cholesterol	608mg	203%
Sodium	1233mg	51%
Total Carbohydrates	5g	2%
Dietary Fiber	0g	0%
Protein	40g	
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Vitamin A		51%
Vitamin C		1%
Calcium		20%
Iron		22%

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