

# 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.)

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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    |

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

|                        |      |
|------------------------|------|
| <b>Alcohol (kcal):</b> | 0    |
| <b>% Daily Values*</b> | 0 0% |

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

|                 |     |                               |
|-----------------|-----|-------------------------------|
| <b>Calories</b> | 223 | <b>Calories from Fat:</b> 128 |
|-----------------|-----|-------------------------------|

### % Daily Values\*

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

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