

# Crab Quiche

Country Fare Guest House - Lander, WY  
The Great Country Inns of America Cookbook (2nd ed) (1992)

## Servings: 4

1 nine-inch pie crust  
1/2 cup mayonnaise  
2 tablespoons flour  
2 eggs, beaten  
1/4 cup milk  
1/2 pound fresh or frozen crabmeat  
1/2 pound Swiss cheese, grated  
1/2 cup green onion, chopped  
2 cups mushrooms, sliced

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Prebake the pie crust at 450 degrees for 10 minutes. Let cool.

In a bowl, mix together the mayonnaise, flour, eggs and milk. Stir in the crabmeat, cheese, green onion and mushrooms.

Spoon the quiche mixture into the cooled pie crust.

Bake at 350 degrees for 35 to 40 minutes, until the custard is set.

Serve warm or at room temperature.

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Per Serving (excluding unknown items): 684 Calories; 54g Fat (69.9% calories from fat); 24g Protein; 28g Carbohydrate; 2g Dietary Fiber; 170mg Cholesterol; 641mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.

Breakfast

## Per Serving Nutritional Analysis

Calories (kcal):	684
% Calories from Fat:	69.9%
% Calories from Carbohydrates:	16.3%
% Calories from Protein:	13.8%
Total Fat (g):	54g
Saturated Fat (g):	18g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	170mg
Carbohydrate (g):	28g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	39mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 2g  
**Protein (g):** 24g  
**Sodium (mg):** 641mg  
**Potassium (mg):** 320mg  
**Calcium (mg):** 616mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 744IU  
**Vitamin A (r.e.):** 205RE

**Grain (Starch):** 1 1/2  
**Lean Meat:** 2 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 684 Calories from Fat: 478

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#### % Daily Values\*

<b>Total Fat</b>	54g	84%
	Saturated Fat 18g	88%
<b>Cholesterol</b>	170mg	57%
<b>Sodium</b>	641mg	27%
<b>Total Carbohydrates</b>	28g	9%
	Dietary Fiber 2g	7%
<b>Protein</b>	24g	

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<b>Vitamin A</b>	15%
<b>Vitamin C</b>	6%
<b>Calcium</b>	62%
<b>Iron</b>	13%

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