

Sherried Crab Quiche

Patricia Faris Trayer
Gourmet Eating in South Carolina - (1985)

pastry for one nine-inch pie
1 *tablespoon butter*
2 *tablespoons green onions, minced*
2 *cups whipping cream*
12 *ounces crabmeat*
4 *eggs*
3/4 *teaspoon salt*
1 *cup Swiss cheese, shredded*
2 *tablespoons sherry*
1/8 *teaspoon red pepper*
tomato rose (optional)

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Preheat the oven to 425 degrees.

Line a nine-inch quiche dish with the pastry crust. Trim the excess pastry around the edges. Set aside.

In a small skillet, melt the butter. Add the green onions and saute' until tender. Set aside.

In a large bowl, beat the eggs. Add the whipping cream and salt, mixing well. Stir in the saute'd onions, the crabmeat, cheese, sherry and pepper. Pour the mixture into the pastry shell.

Bake for 15 minutes. Reduce the oven temperature to 325 degrees. Bake an additional 35 to 40 minutes.

Garnish with tomato rose, if desired.

Per Serving (excluding unknown items): 2806 Calories; 242g Fat (78.3% calories from fat); 129g Protein; 22g Carbohydrate; trace Dietary Fiber; 1901mg Cholesterol; 3470mg Sodium. Exchanges: 15 1/2 Lean Meat; 0 Vegetable; 1 1/2 Non-Fat Milk; 42 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	2806	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	78.3%	Vitamin B12 (mcg):	36.0mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	18.5%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	242g	Folacin (mcg):	279mcg

Saturated Fat (g): 144g
Monounsaturated Fat (g): 71g
Polyunsaturated Fat (g): 12g
Cholesterol (mg): 1901mg
Carbohydrate (g): 22g
Dietary Fiber (g): trace
Protein (g): 129g
Sodium (mg): 3470mg
Potassium (mg): 1935mg
Calcium (mg): 1829mg
Iron (mg): 7mg
Zinc (mg): 20mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 9449IU
Vitamin A (r.e.): 2693RE

Niacin (mg): 10mg
Caffeine (mg): 0mg
Alcohol (kcal): 41
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 15 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 42 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2806 **Calories from Fat:** 2197

% Daily Values*

Total Fat 242g	373%
Saturated Fat 144g	719%
Cholesterol 1901mg	634%
Sodium 3470mg	145%
Total Carbohydrates 22g	7%
Dietary Fiber trace	1%
Protein 129g	
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Vitamin A	189%
Vitamin C	27%
Calcium	183%
Iron	38%

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