

# Crab and Lime Quiches

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

## **Yield: 18 quiches**

*2 sheets frozen puff pastry, thawed*  
*2 eggs*  
*3/4 cup coconut cream*  
*rind of one small lime, finely grated*  
*2 teaspoons lime juice*  
*1 can (6-1/2 ounce) crab meat, drained*  
*1 tablespoon fresh chives, chopped*  
*salt (to taste)*  
*white pepper (to taste)*

## **Preparation Time: 15 minutes**

## **Cook Time: 20 minutes**

Preheat the oven to 415 degrees.

Using two twelve-hole patty tins, lightly grease eighteen of the holes. Using a three-inch cutter, cut eighteen rounds of pastry.

In a small bowl, beat the eggs lightly. Add the coconut cream, lime rind, lime juice, crabmeat and chives. Season with salt and white pepper.

Spoon about one tablespoon of filling into each pastry shell.

Bake for 20 minutes or until golden. The quiches will rise during cooking, then deflate slightly.

Serve warm.

---

Per Serving (excluding unknown items): 879 Calories; 74g Fat (73.3% calories from fat); 47g Protein; 14g Carbohydrate; 1g Dietary Fiber; 544mg Cholesterol; 597mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 13 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

|                                       |       |                            |        |
|---------------------------------------|-------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 879   | <b>Vitamin B6 (mg):</b>    | .4mg   |
| <b>% Calories from Fat:</b>           | 73.3% | <b>Vitamin B12 (mcg):</b>  | 1.9mcg |
| <b>% Calories from Carbohydrates:</b> | 6.1%  | <b>Thiamin B1 (mg):</b>    | .2mg   |
| <b>% Calories from Protein:</b>       | 20.6% | <b>Riboflavin B2 (mg):</b> | .6mg   |

**Total Fat (g):** 74g  
**Saturated Fat (g):** 59g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 544mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 47g  
**Sodium (mg):** 597mg  
**Potassium (mg):** 1244mg  
**Calcium (mg):** 212mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 626IU  
**Vitamin A (r.e.):** 156RE

**Folacin (mcg):** 135mcg  
**Niacin (mg):** 4mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 5 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 13 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 879                      **Calories from Fat:** 644

### % Daily Values\*

|                            |       |      |
|----------------------------|-------|------|
| <b>Total Fat</b>           | 74g   | 114% |
| Saturated Fat              | 59g   | 294% |
| <b>Cholesterol</b>         | 544mg | 181% |
| <b>Sodium</b>              | 597mg | 25%  |
| <b>Total Carbohydrates</b> | 14g   | 5%   |
| Dietary Fiber              | 1g    | 5%   |
| <b>Protein</b>             | 47g   |      |
| <b>Vitamin A</b>           |       | 13%  |
| <b>Vitamin C</b>           |       | 22%  |
| <b>Calcium</b>             |       | 21%  |
| <b>Iron</b>                |       | 40%  |

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