

Mini Corn and Red Pepper Quiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 quiches

2 sheets ready-rolled shortcut pastry
1 can (4 ounce) corn kernels, drained
1/3 cup Cheddar cheese, grated
1/2 red pepper, finely chopped
2 eggs
2/3 cup cream
2 teaspoons Dijon mustard
dash Tabasco sauce
salt (to taste)
pepper (to taste)

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.

In a bowl, mix the corn, Cheddar cheese and red pepper.

In a bowl, beat the eggs, cream, mustard and Tabasco sauce. Season with salt and pepper.

Spoon the corn mixture into the pastry shells, dividing evenly among them. Top with the egg mixture until almost full.

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

Per Serving (excluding unknown items): 838 Calories; 63g Fat (65.5% calories from fat); 31g Protein; 43g Carbohydrate; 5g Dietary Fiber; 601mg Cholesterol; 565mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 10 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	838	Vitamin B6 (mg):	.6mg
% Calories from Fat:	65.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	20.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	1.0mg

Total Fat (g): 63g
Saturated Fat (g): 36g
Monounsaturated Fat (g): 19g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 601mg
Carbohydrate (g): 43g
Dietary Fiber (g): 5g
Protein (g): 31g
Sodium (mg): 565mg
Potassium (mg): 711mg
Calcium (mg): 485mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 119mg
Vitamin A (i.u.): 5762IU
Vitamin A (r.e.): 964RE

Folacin (mcg): 123mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 3
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 838 **Calories from Fat:** 549

% Daily Values*

Total Fat	63g	97%
Saturated Fat	36g	178%
Cholesterol	601mg	200%
Sodium	565mg	24%
Total Carbohydrates	43g	14%
Dietary Fiber	5g	22%
Protein	31g	
Vitamin A		115%
Vitamin C		199%
Calcium		48%
Iron		18%

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