

# Mini Creamy Herb Quiches

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 24 quiches**

*2 sheets ready-rolled shortcut pastry*

*2 eggs, beaten*

*2 tablespoons milk*

*1/2 cup cream*

*2 teaspoons fresh chives, chopped*

*1 teaspoon fresh dill, chopped*

*1 teaspoon fresh thyme, chopped*

*1 teaspoon fresh parsley, chopped*

*2 tablespoons Parmesan cheese, grated*

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 together the eggs, milk, cream, chives, dill, thyme and parsley. Pour into the pastry shells.

Sprinkle with grated Parmesan.

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

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Per Serving (excluding unknown items): 506 Calories; 44g Fat (78.0% calories from fat); 21g Protein; 7g Carbohydrate; trace Dietary Fiber; 541mg Cholesterol; 386mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	506	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	78.0%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	5.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	16.4%	<b>Riboflavin B2 (mg):</b>	.7mg
<b>Total Fat (g):</b>	44g	<b>Folacin (mcg):</b>	58mcg
<b>Saturated Fat (g):</b>	24g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	14g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0

Cholesterol (mg):	541mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	21g
Sodium (mg):	386mg
Potassium (mg):	347mg
Calcium (mg):	341mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	1927IU
Vitamin A (r.e.):	470 1/2RE

% Daily Values 0 0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 506 Calories from Fat: 394

### % Daily Values\*

<b>Total Fat</b> 44g	67%
Saturated Fat 24g	121%
<b>Cholesterol</b> 541mg	180%
<b>Sodium</b> 386mg	16%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber trace	1%
<b>Protein</b> 21g	
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<b>Vitamin A</b>	39%
<b>Vitamin C</b>	9%
<b>Calcium</b>	34%
<b>Iron</b>	12%

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