

Mini Quiches II

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 24 quiches

1 package (15 ounce) refrigerated pie crusts

1/2 cup (2 ounce) gourmet Swiss cheese, shredded

1/3 cup Miracle Whip®

2 tablespoons half-and-half

2 eggs, beaten

2 tablespoons green onion, chopped

1/2 teaspoon dry mustard

1/4 cup chopped ham

Preparation Time: 20 minutes

Cook Time: 30 minutes

Preheat the oven to 425 degrees.

On a lightly floured surface, roll each pie crust into a twelve-inch circle. Cut each pie crust into twelve circles using a 2-1/2 inch biscuit cutter. Place in lightly greased cups of miniature muffin pans. Prick the bottoms and sides with a fork.

Bake for 10 minutes. Remove from the oven. Reduce the oven temperature to 350 degrees.

In a bowl, mix together the Swiss cheese, Miracle Whip, half-and-half, eggs, green onion and mustard until well blended. Spoon one tablespoon of the cheese mixture into each pastry-lined muffin cup. Top evenly with the ham.

Bake for 25 to 30 minutes or so until golden brown. Remove from the pan immediately.

Per Serving (excluding unknown items): 1569 Calories; 110g Fat (63.3% calories from fat); 27g Protein; 116g Carbohydrate; trace Dietary Fiber; 507mg Cholesterol; 1921mg Sodium. Exchanges: 7 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 20 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1569	Vitamin B6 (mg):	.3mg
% Calories from Fat:	63.3%	Vitamin B12 (mcg):	1.5mcg

% Calories from Carbohydrates:	29.9%
% Calories from Protein:	6.8%
Total Fat (g):	110g
Saturated Fat (g):	35g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	507mg
Carbohydrate (g):	116g
Dietary Fiber (g):	trace
Protein (g):	27g
Sodium (mg):	1921mg
Potassium (mg):	274mg
Calcium (mg):	66mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	537IU
Vitamin A (r.e.):	145RE

Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	58mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	7
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	20
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories 1569	Calories from Fat: 993
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% Daily Values*

Total Fat 110g	169%
Saturated Fat 35g	173%
Cholesterol 507mg	169%
Sodium 1921mg	80%
Total Carbohydrates 116g	39%
Dietary Fiber trace	1%
Protein 27g	
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Vitamin A	11%
Vitamin C	5%
Calcium	7%
Iron	13%

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