

Mini Quiches

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Yield: 24 mini quiches

1 package (12 count) butterflake rolls

1 can (4-1/2 ounce) shrimp, drained

1 egg, beaten

1/2 cup light cream

1 tablespoon brandy

1/2 teaspoon salt

dash pepper

1 1/3 ounces Gruyere cheese (two triangles)

Preheat the oven to 375 degrees.

Grease 24 muffin cups.

Divide each butterflake roll in half. Press the muffin halves into the muffin cups to make a shell.

Place one shrimp in each shell.

Combine the egg, cream, brandy, salt and pepper. Place about two teaspoons of the mixture in each shell.

Slice the cheese into 24 small triangles. Place one triangle on top of each shell.

Bake for 20 minutes or until golden.

Cool, then wrap in foil and freeze.

To serve, place the frozen appetizers on a baking sheet and bake at 375 degrees for 10 to 12 minutes.

Per Serving (excluding unknown items): 349 Calories; 28g Fat (80.3% calories from fat); 11g Protein; 5g Carbohydrate; 0g Dietary Fiber; 300mg Cholesterol; 1192mg Sodium. Exchanges: 1 Lean Meat; 5 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

% Calories from Fat:	80.3%
% Calories from Carbohydrates:	6.1%
% Calories from Protein:	13.6%
Total Fat (g):	28g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	300mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	11g
Sodium (mg):	1192mg
Potassium (mg):	224mg
Calcium (mg):	152mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1119IU
Vitamin A (r.e.):	291 1/2RE

Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	27mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	34
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 349 Calories from Fat: 280

% Daily Values*

Total Fat 28g	43%
Saturated Fat 16g	80%
Cholesterol 300mg	100%
Sodium 1192mg	50%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Protein 11g	
Vitamin A	22%
Vitamin C	2%
Calcium	15%
Iron	6%

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