

Salmon Quiche

Patricia Mack

Gourmet Eating in South Carolina - (1985)

1 can salmon
1 pie shell
1 onion, chopped
2 tablespoons margarine
1 egg
grated Cheddar cheese
1 green pepper, chopped

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Preheat the oven to 375 degrees.

Bake the pie shell until crispy.

Drain the salmon and remove the skin and bones.

In a saucepan, saute' the onion and bell pepper in margarine.

In a large bowl, mix the salmon, eggs and onion mixture. Season to taste. (Do not add salt. The salmon, margarine and cheese carry sufficient salt.)

Pour the mixture into the pie shell. Sprinkle with grated cheese.

Bake until the cheese melts.

Per Serving (excluding unknown items): 1251 Calories; 80g Fat (57.1% calories from fat); 37g Protein; 98g Carbohydrate; 8g Dietary Fiber; 256mg Cholesterol; 1566mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 Lean Meat; 3 Vegetable; 14 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1251	Vitamin B6 (mg):	.7mg
% Calories from Fat:	57.1%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	31.3%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	80g	Folacin (mcg):	94mcg

Saturated Fat (g): 18g
Monounsaturated Fat (g): 41g
Polyunsaturated Fat (g): 15g
Cholesterol (mg): 256mg
Carbohydrate (g): 98g
Dietary Fiber (g): 8g
Protein (g): 37g
Sodium (mg): 1566mg
Potassium (mg): 836mg
Calcium (mg): 174mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 113mg
Vitamin A (i.u.): 2105IU
Vitamin A (r.e.): 400 1/2RE

Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 5 1/2
Lean Meat: 3
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1251 **Calories from Fat:** 714

% Daily Values*

Total Fat	80g	123%
Saturated Fat	18g	92%
Cholesterol	256mg	85%
Sodium	1566mg	65%
Total Carbohydrates	98g	33%
Dietary Fiber	8g	33%
Protein	37g	
Vitamin A		42%
Vitamin C		189%
Calcium		17%
Iron		32%

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