

Shrimp Quiche

Mrs. Robert M. Slowey

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

1 can (8 ounce) refrigerated quick
crescent dinner rolls
2 eggs slightly beaten
1 tablespoon Parmesan cheese, grated
salt (to taste)
pepper (to taste)
2 cups Italian or Monterey Jack
cheese, cut into 1/2-inch cubes
1/2 pound shrimp, boiled, peeled,
deveined and cut into chunks
2 tablespoons green onions, chopped

Preheat the oven to 325 degrees.

Separate the triangles of dinner rolls. Place three triangles in a nine-inch pie pan, pressing together to form a crust. To make them thin, roll the triangles between waxed paper. Reserve three triangles for the top crust.

In a large mixing bowl, combine the eggs, Parmesan, salt, pepper, Monterey Jack, shrimp and green onions. Mix well. Pour the filling into the crust.

Roll out the remaining triangles so that the longest side is nine inches. Cut into 1/2-inch strips. Twist the strips and make a lattice effect for the top crust.

Bake for 50 to 60 minutes.

Two 4-1/2 ounce cans of shrimp,
drained, can be substituted for fresh
shrimp.

Per Serving (excluding unknown
items): 67 Calories; 1g Fat (18.9%
calories from fat); 12g Protein; 1g
Carbohydrate; trace Dietary Fiber;
87mg Cholesterol; 108mg Sodium.
Exchanges: 1 1/2 Lean Meat; 0
Vegetable; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	67	Vitamin B6 (mg):	0mg
% Calories from Fat:	18.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	76.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	4mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 87mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 12g
Sodium (mg): 108mg
Potassium (mg): 115mg
Calcium (mg): 49mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 122IU
Vitamin A (r.e.): 34 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 67 Calories from Fat: 13

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	trace	2%
Cholesterol	87mg		29%
Sodium	108mg		4%
Total Carbohydrates	1g		0%
	Dietary Fiber	trace	0%
Protein	12g		
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Vitamin A			2%
Vitamin C			3%
Calcium			5%
Iron			8%

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