
Shrimp Quiche II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 nine-inch pie shell, unbaked
1/2 pound bacon, crab or shrimp
1/2 pound Swiss cheese, grated
4 eggs
1 teaspoon sifted flour
salt
cayenne
nutmeg
2 cups milk
1 teaspoon butter, melted

In a skillet, fry or broil the bacon or boil the crab or shrimp. Arrange over the bottom of the crust with grated cheese.

In a bowl, beat the eggs with flour, salt, cayenne and nutmeg. Add the milk and melted butter. Pour the custard over the meat and cheese.

Bake at 375 degrees for 40 minutes or until set.

Breakfast

Per Serving (excluding unknown items): 382 Calories; 25g Fat (59.5% calories from fat); 19g Protein; 19g Carbohydrate; 1g Dietary Fiber; 189mg Cholesterol; 386mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat.