

Skinny Crab Quiche

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/crab-quiche-recipe-southern-living>

Ingredients:

- 6 ounces crab
- 1 1/2 cups reduced fat cheddar cheese shredded
- 1/2 cup shredded zucchini
- 1/3 cup green onions chopped
- 1 1/2 cups egg substitute
- 12 ounces nonfat evaporated milk
- 3/4 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon lemon pepper seasoning salt-free
- 1 dash paprika

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Protein: 24 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 630 milligrams
8. Sugar: 32 grams

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