

# Crab Quiche I

Yield: 40 min  
Total Time: 60 min

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

## Ingredients:

- 1/2 cup mayonnaise
- 2 tablespoons all-purpose flour
- 2 eggs beaten
- 1/2 cup milk
- 1 cup crab meat
- 1 cup swiss cheese diced
- 1/2 cup green onions chopped
- 1 unbaked pie crust 9 inch

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 100 milligrams

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