

Crab Quiche Bake

Yield: 7 min
Total Time: 40 min

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

Ingredients:

- 8 eggs Egglan's Best, beaten
- 2 cups cream half-and-half
- 1 red bell pepper large, chopped
- 8 ounces imitation crab meat chopped
- 1 cup bread crumbs soft
- 1 cup swiss cheese
- 1 cup shredded cheddar cheese
- 1/2 cup green onions chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 350 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 18 grams
8. Sodium: 780 milligrams
9. Sugar: 2 grams

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