

Nutritional Analysis for F & F Quiche Crust

Portion Size: 1/8th pie

Nutrient	Quantity
KCal	164.410 Kcal
Protein	1.973 gm
Carbohydrates	11.994 gm
Fat	12.151 gm
Saturated Fat	7.442 gm
Trans Fat	0.459 gm
Sugars Total	0.097 gm
Fiber	0.375 gm
Cholesterol	53.156 mg
Calcium	9.226 mg
Phosphorus	28.366 mg
Potassium	28.958 mg
Sodium	114.842 mg
Iron	0.851 mg
Vitamin A	103.856 RE
Thiamine	0.119 mg
Riboflavin	0.086 mg
Niacin	0.937 mg
Vitamin C	0.000 mg
Folate DFE	30.085 mcg
Magnesium	0.386 mg
Zinc	0.061 mg
Vitamin B-12	0.065 mcg
Vitamin B-6	0.014 mg

Ingredients: Flour, butter, egg yolks, water, salt.