

## Dexter's Quiches

<i>Item</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Vegetarian</i>
Artichoke Quiche	1 Slice	358	25	10	24	10	517	4	✓
Asparagus Quiche	1 Slice	344	25	10	20	10	465	2	✓
Broccoli Quiche	1 Slice	339	25	10	20	9	471	0	✓
Carrot Quiche	1 Slice	348	25	10	22	9	479	1	✓
Green Onion Quiche	1 Slice	365	28	11	19	10	462	1	✓
Ham Quiche	1 Slice	381	26	10	18	17	1025	0	
Meat Lover's Quiche	1 Slice	646	52	24	19	26	1212	0	
Mushroom Quiche	1 Slice	346	25	10	21	10	466	1	✓
Pizza Quiche	1 Slice	623	50	19	21	21	1621	1	
Sausage & Pepper Quiche	1 Slice	525	43	17	20	17	882	1	
Shrimp Quiche	1 Slice	388	25	10	19	21	497	0	
Spinach Quiche	1 Slice	344	25	10	20	10	509	2	✓
Sun-Dried Tomato Quiche	1 Slice	405	26	10	34	12	1062	4	✓
Zucchini Quiche	1 Slice	343	25	10	20	10	465	1	✓