

Instant Pot Crustless Crab Quiche



4.75 from 8 votes

Prep Time

10 mins

Cook Time

50 mins

Total Time

1 hr



Make the lightest and fluffiest crustless crab quiche in your Instant Pot, Pressure cooker, or oven with crab meat, half and half and cheese, plus a few tasty spices. This one is perfect for any meal—or just a snack.

Course: Breakfast, Main Course

Cuisine: American, French

Dietary Consideration: Gluten-Free, High Fat, High Protein, Keto, Low Carb, Low Sugar

Cooking Style: Instant Pot/Pressure Cooker, Oven

Ease of Cooking: Pour and Cook

Recipe Type: Cheese, Eggs, Full Liquids/Soft Foods, Pressure Cooker, Seafood

Servings: 4

Calories: 395 kcal

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Ingredients

4 eggs

1 cup half and half

1/2 -1 tsp Salt

1 teaspoon Ground Black Pepper

1 teaspoon Smoked Paprika

1 teaspoon Herbes de Provence

1 cup shredded parmesan or swiss cheese

1 cup chopped green onions green and white parts

8 oz imitation crab meat about 2 cups OR

8 oz real crab meat, or a mix of crab and chopped raw shrimp

Instructions

1. In a large bowl, beat together eggs and half-and-half with [a whisk](#). (I don't know if this will work with non-dairy milk since it needs to set).
2. Add salt, pepper, sweet smoked paprika, Herbes de Provence, and shredded cheese, and stir with a fork to mix.
3. Stir in chopped green onions.

4. Add in EITHER the imitation crab meat OR the real crab meat OR some combination of crab meat and chopped raw shrimp. You only want 2 cups of seafood however you do this
5. Lay out a sheet of aluminum foil that is cut bigger than the pan you intend to use. Place the [spring form pan](#) on this sheet and crimp the sheet about the bottom
6. You are doing this as most spring form pans can leak a little with liquids. The aluminum foil reduces the mess a little.
7. Pour in the egg mixture into your spring form pan. Cover loosely with foil or a silicone lid.
8. Into the inner pot of your Instant Pot or pressure cooker, place 2 cups of water. Place a steamer rack in the pot.
9. Place the covered spring form pan on the trivet.
10. Cook at high pressure for 40 minutes. Let the pot sit undisturbed for 10 minutes and then release all remaining pressure.
11. Very carefully take out the hot silicone pan. Using a knife, loosen the edges of the quiche from the pan. Remove the outer ring, and serve your delicious crab quiche either hot or at room temperature.

Recipe Notes

OTHER VARIATIONS ON THIS KETO CRUSTLESS CRAB QUICHE:

- Bake it in the oven at 350F for 35-40 minutes
- Substitute cheddar or Swiss cheese for the parmesan
- Add some goat cheese or feta for a tang
- Add ½ cup chopped cooked bacon Swap red or white onions for the green onions
- Swap diced broccoli for the green onions
- Use Italian blend herbs, or Greek herbs for the Herbes De Provence
- Use heavy whipping cream instead of half and half
- Sub real crabmeat for the imitation crab
- Use a mix of crab meat and chopped raw shrimp

Nutrition facts per serving

395kcal | Fat: 25g | Saturated fat: 14g | Cholesterol: 236mg | Sodium: 526mg | Potassium: 329mg | Carbohydrates: 19g | Fiber: 1g | Sugar: 3g | Protein: 22g | Vitamin A: 27.6% | Vitamin C: 7% | Calcium: 45.2% | Iron: 10.6%

I am not a registered dietician or nutritionist. Nutritional information is provided a courtesy, and can vary depending on the exact ingredients you use.