



 4%  
HEALTH SCORE

## Asparagus Chicken Quiche

READY IN



65 min.

SERVINGS



8

CALORIES



375 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 asparagus fresh trimmed
- 1 tablespoon parsley dried
- 5 eggs
- 2 teaspoons flour all-purpose
- 0.5 cup mushrooms fresh sliced
- 4 spring onion chopped
- 8 servings pepper white to taste
- 0.5 cup half and half
- 0.5 cup monterrey jack cheese shredded

- 0.3 teaspoon hot sauce green hot tabasco® (mild) (such as )
- 2 cups rotisserie chicken cut diced cooked
- 0.5 teaspoon salt
- 1 cup swiss cheese shredded
- 1 9-inch pie crust dough

## Equipment

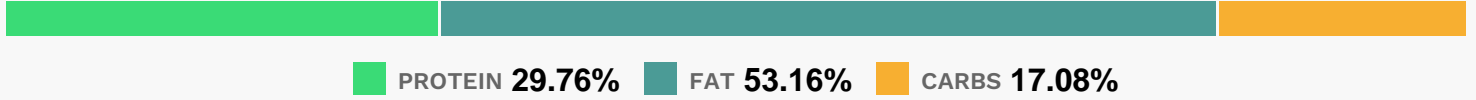
- bowl
- frying pan
- sauce pan
- oven
- toothpicks
- pie form

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil.
- Place 1 pound of asparagus into the steamer insert, cover, and steam until just tender, 4 to 6 minutes.
- Drain asparagus and set aside.
- Beat eggs, half-and-half, parsley, salt, white pepper, and green hot sauce in a bowl until smooth.
- Stir together cooked chicken, Swiss cheese, Monterey Jack cheese, mushrooms, and green onions in a bowl; mix in flour.
- Line a 9-inch pie dish with pie crust.
- Spread about half of the cooked asparagus over the bottom of the crust.
- Spread about half of the chicken mixture over the asparagus.
- Repeat layers of asparagus and chicken mixture.
- Gently pour the egg mixture over the layers.

- Arrange 3 asparagus spears decoratively on top of the quiche.
- Bake in the preheated oven until the filling is slightly puffed and lightly browned and a toothpick inserted into the center of the quiche comes out clean, 40 to 50 minutes.
- Sprinkle quiche with cherry tomatoes, if desired.

## Nutrition Facts



### Properties

Glycemic Index:28.13, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:9.9334781584532%

### Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

### Nutrients (% of daily need)

Calories: 374.54kcal (18.73%), Fat: 22.13g (34.05%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 14.44g (5.25%), Sugar: 1.16g (1.29%), Cholesterol: 183.22mg (61.07%), Sodium: 574.38mg (24.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.75%), Selenium: 16.44µg (23.48%), Calcium: 223.43mg (22.34%), Phosphorus: 211.33mg (21.13%), Vitamin K: 20.79µg (19.8%), Vitamin B2: 0.31mg (18.49%), Manganese: 0.26mg (12.8%), Vitamin B12: 0.74µg (12.37%), Folate: 42.92µg (10.73%), Iron: 1.82mg (10.12%), Zinc: 1.46mg (9.7%), Vitamin A: 478.88IU (9.58%), Vitamin B5: 0.75mg (7.55%), Vitamin B1: 0.11mg (7.23%), Fiber: 1.57g (6.29%), Vitamin B3: 1.09mg (5.46%), Copper: 0.1mg (5.25%), Magnesium: 20.42mg (5.11%), Vitamin B6: 0.1mg (5.09%), Vitamin E: 0.67mg (4.43%), Potassium: 154.14mg (4.4%), Vitamin D: 0.6µg (4.03%), Vitamin C: 2.55mg (3.09%)