



## Best Chicken Quiche

READY IN



80 min.

SERVINGS



6

CALORIES



441 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 ounce onion soup mix dry
- 4 eggs
- 1 cup gruyere cheese shredded
- 1 teaspoon paprika
- 1 cup parmesan cheese grated
- 1 chicken breast boneless skinless cut into small chunks
- 19-inch pie crust dough refrigerated ()
- 2 cups skim milk

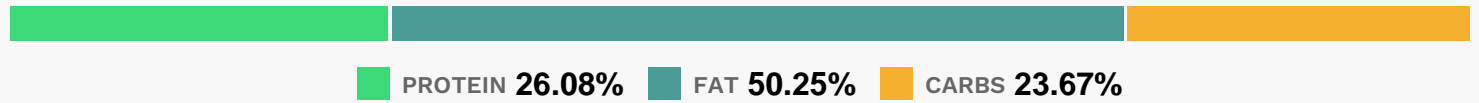
# Equipment

- bowl
- oven

# Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Spread crust into a 10 inch deep dish pie plate. Arrange chicken evenly over the crust. Cover with Gruyere cheese.
- In a small bowl, beat eggs with a fork; stir in milk, onion soup mix and Parmesan cheese.
- Pour mixture into pie crust and sprinkle with paprika to taste.
- Bake in the preheated oven for 15 minutes, then lower heat to 350 degrees F (175 degrees C) and bake for 30 more minutes.
- Let cool for 10 minutes and serve.

# Nutrition Facts



# Properties

Glycemic Index:8.04, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:17.405652253524%

# Nutrients (% of daily need)

Calories: 440.8kcal (22.04%), Fat: 24.35g (37.46%), Saturated Fat: 10.64g (66.53%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 24.55g (8.93%), Sugar: 4.58g (5.09%), Cholesterol: 174.38mg (58.13%), Sodium: 1083.6mg (47.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.87%), Calcium: 509.5mg (50.95%), Phosphorus: 498.35mg (49.83%), Selenium: 33.87µg (48.39%), Vitamin B2: 0.47mg (27.72%), Vitamin B3: 5.09mg (25.43%), Vitamin B12: 1.39µg (23.12%), Vitamin B6: 0.46mg (23.1%), Zinc: 2.76mg (18.41%), Vitamin A: 854.25IU (17.08%), Vitamin B5: 1.64mg (16.4%), Vitamin B1: 0.21mg (13.68%), Potassium: 438.72mg (12.53%), Vitamin D: 1.74µg (11.59%), Magnesium: 45.29mg (11.32%), Folate: 43.62µg (10.91%), Manganese: 0.22mg (10.91%), Iron: 1.76mg (9.78%), Vitamin E: 0.78mg (5.22%), Fiber: 1.26g (5.05%), Copper: 0.09mg (4.53%), Vitamin K: 3.81µg (3.63%)