



WHATSheATE



Chicken & Asparagus Quiche

READY IN



45 min.

SERVINGS



4

CALORIES



1010 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 bunch asparagus trimmed cut into 1-inch pieces
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon ground mustard dry
- ☐ 3 eggs beaten
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup half and half
- ☐ 2 cups monterrey jack cheese shredded divided
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped

- ☐ 2 9-inch pie crust dough
- ☐ 4 servings salt and pepper to taste
- ☐ 2 chicken breast diced boneless skinless

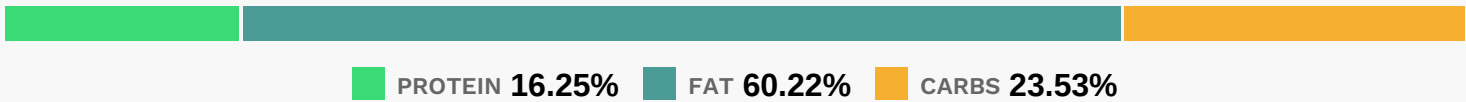
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place pie crusts in two 9" pie plates; bake at 450 degrees for 10 to 12 minutes, until lightly golden.
- ☐ Meanwhile, in a large skillet, melt butter and olive oil over medium heat. Saut garlic, onion and asparagus for 5 to 7 minutes, until asparagus is crisp-tender. With a slotted spoon, remove vegetables from skillet, leaving as much of the butter mixture as possible.
- ☐ Add chicken to skillet; saut for 7 to 8 minutes, until fully cooked.
- ☐ Remove skillet from heat. In a bowl, whisk together remaining ingredients except cheeses.
- ☐ Sprinkle 1/2 cup cheese in each pie crust.
- ☐ Layer half the chicken in each crust, followed by half the veggies and half the egg mixture.
- ☐ Top with remaining cheese.
- ☐ Bake, uncovered, at 375 degrees for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:33.258695436561%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg

Nutrients (% of daily need)

Calories: 1009.69kcal (50.48%), Fat: 67.78g (104.28%), Saturated Fat: 29.19g (182.43%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 54.15g (19.69%), Sugar: 6.24g (6.94%), Cholesterol: 245.43mg (81.81%), Sodium: 1140mg (49.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.14g (82.29%), Selenium: 48.16µg (68.8%), Phosphorus: 639.68mg (63.97%), Vitamin K: 61.39µg (58.46%), Calcium: 566.67mg (56.67%), Vitamin B2: 0.89mg (52.17%), Vitamin B3: 9.91mg (49.54%), Folate: 164.56µg (41.14%), Vitamin B6: 0.77mg (38.33%), Vitamin A: 1871.12IU (37.42%), Manganese: 0.73mg (36.3%), Iron: 6.41mg (35.62%), Vitamin B1: 0.53mg (35.53%), Zinc: 3.85mg (25.66%), Vitamin E: 3.69mg (24.57%), Vitamin B5: 2.38mg (23.75%), Fiber: 5.43g (21.73%), Potassium: 758.11mg (21.66%), Magnesium: 75.95mg (18.99%), Copper: 0.37mg (18.51%), Vitamin B12: 1µg (16.71%), Vitamin C: 10.22mg (12.38%), Vitamin D: 1.06µg (7.04%)