



Chicken Enchilada Quiche

READY IN



90 min.

SERVINGS



8

CALORIES



642 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12.5 oz chicken breast chunk drained canned ()
- ☐ 4.5 oz chilis green chopped canned
- ☐ 4 eggs
- ☐ 1 cup half and half
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 8 servings pepper to taste
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 1 cup salsa thick
- ☐ 8 servings salsa thick

- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 8 servings cream sour
- ☐ 1.5 cups tortilla chips

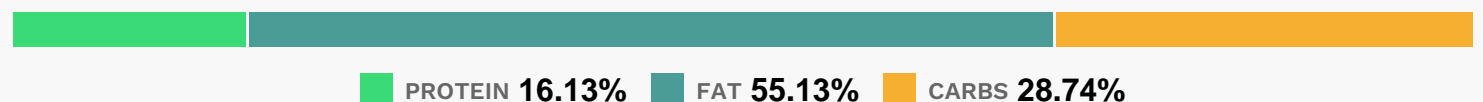
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pie form

Directions

- ☐ Heat oven to 350F.
- ☐ Place pie crust in 9- or 9 1/2-inch glass deep-dish pie pan as directed on box for One-Crust Filled pie.
- ☐ In medium bowl, beat eggs with wire whisk until blended. Beat in half-and-half. Stir in chicken, chips, both cheeses, 1 cup salsa, the green chiles and salt.
- ☐ Pour into crust-lined pan.
- ☐ Sprinkle pepper over top of filling.
- ☐ Bake 55 to 65 minutes or until crust is light golden brown and knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.
- ☐ Cut into wedges.
- ☐ Serve with sour cream and/or salsa.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:16.307826062907%

Nutrients (% of daily need)

Calories: 642.23kcal (32.11%), Fat: 39.76g (61.16%), Saturated Fat: 16.87g (105.43%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 42.76g (15.55%), Sugar: 4.55g (5.06%), Cholesterol: 158.4mg (52.8%), Sodium: 1387.3mg (60.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.34%), Calcium: 425.2mg (42.52%), Phosphorus: 379.28mg (37.93%), Selenium: 20.72µg (29.6%), Vitamin B2: 0.48mg (28.13%), Vitamin A: 992.07IU (19.84%), Folate: 68.84µg (17.21%), Zinc: 2.48mg (16.53%), Manganese: 0.32mg (15.97%), Fiber: 3.87g (15.49%), Vitamin E: 2.31mg (15.41%), Iron: 2.76mg (15.32%), Vitamin B1: 0.22mg (14.71%), Vitamin B6: 0.29mg (14.31%), Magnesium: 54.45mg (13.61%), Vitamin B3: 2.45mg (12.24%), Vitamin K: 12.72µg (12.11%), Vitamin B5: 1.19mg (11.86%), Potassium: 392.7mg (11.22%), Vitamin B12: 0.66µg (11.07%), Vitamin C: 7.06mg (8.56%), Copper: 0.14mg (6.81%), Vitamin D: 0.7µg (4.63%)