



Chicken Herb Quiche Squares

READY IN



45 min.

SERVINGS



45

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 eggs
- 0.5 bell pepper green chopped
- 0.5 tsp penzey's southwest seasoning dried italian
- 0.5 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 10 oz pizza crust refrigerated canned
- 1 medium tomatoes chopped
- 3 Tbsp water

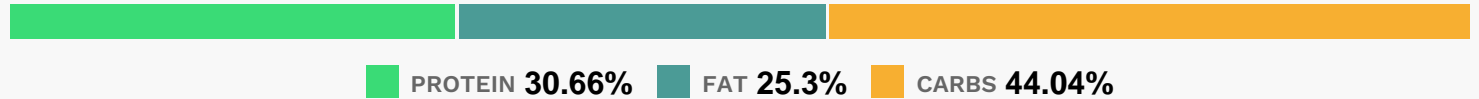
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 375F. Press dough evenly onto bottom and halfway up sides of greased 13x9-inch baking dish. Top with chicken, tomato, green pepper and onion.
- Sprinkle with Parmesan cheese.
- Beat eggs, water and seasoning in small bowl with wire whisk until well blended; pour over ingredients in baking dish.
- Bake 30 min. or until center is puffed and edges are set.
- Let stand 5 min.
- Cut into 6 squares to serve.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.113043471523%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 30.96kcal (1.55%), Fat: 0.87g (1.33%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.22g (1.17%), Sugar: 0.56g (0.62%), Cholesterol: 18.25mg (6.08%), Sodium: 63.9mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Selenium: 2.45µg (3.49%), Vitamin B3: 0.55mg

(2.73%), Phosphorus: 21.19mg (2.12%), Vitamin C: 1.53mg (1.85%), Vitamin B6: 0.04mg (1.83%), Iron: 0.3mg (1.68%),
Vitamin B2: 0.03mg (1.5%), Vitamin A: 54.74IU (1.09%), Vitamin B5: 0.1mg (1.04%)