



Chicken-Pecan Quiche

READY IN



45 min.

SERVINGS



8

CALORIES



509 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 cups meat from a rotisserie chicken cooked finely chopped
- ☐ 0.3 teaspoon dillweed dried
- ☐ 3 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 3 drops hot sauce
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup onion fresh minced
- ☐ 0.3 teaspoon paprika

- ☐ 0.3 cup pecan halves
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup vegetable oil

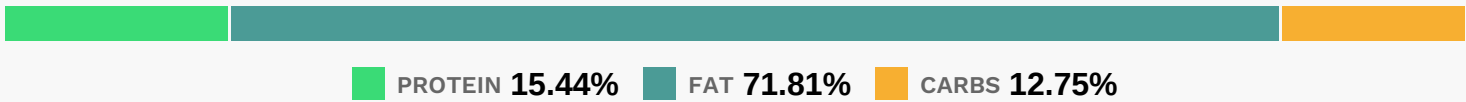
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir well.
- ☐ Add oil; stir well. Firmly press mixture on bottom and up sides of a 9" deep-dish pieplate.
- ☐ Bake at 350 for 12 minutes. Cool completely.
- ☐ Combine sour cream, broth, mayonnaise, and eggs; stir with a wire whisk until smooth. Stir in chicken and next 4 ingredients.
- ☐ Pour chicken mixture over prepared crust. Arrange pecan halves over chicken mixture.
- ☐ Bake at 350 for 55 minutes or until set.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: You can substitute turkey or a 9-ounce package of frozen diced cooked chicken for the chopped cooked chicken.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:8.95, Inflammation Score:-5, Nutrition Score:15.069565140683%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 508.88kcal (25.44%), Fat: 41.01g (63.1%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 14.58g (5.3%), Sugar: 2.02g (2.24%), Cholesterol: 137.46mg (45.82%), Sodium: 455.66mg (19.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Selenium: 27.5µg (39.28%), Manganese: 0.74mg (36.93%), Vitamin K: 29.7µg (28.29%), Phosphorus: 281.22mg (28.12%), Vitamin B2: 0.39mg (22.72%), Calcium: 208.84mg (20.88%), Vitamin B3: 3.93mg (19.67%), Vitamin B1: 0.26mg (17.21%), Zinc: 2.4mg (15.97%), Folate: 49.63µg (12.41%), Vitamin B6: 0.25mg (12.28%), Copper: 0.23mg (11.71%), Vitamin A: 553.38IU (11.07%), Vitamin E: 1.66mg (11.06%), Iron: 1.94mg (10.76%), Vitamin B5: 1.02mg (10.17%), Magnesium: 38.75mg (9.69%), Vitamin B12: 0.57µg (9.42%), Fiber: 1.81g (7.25%), Potassium: 244.01mg (6.97%), Vitamin D: 0.52µg (3.44%), Vitamin C: 1.07mg (1.3%)