



WHATSheATE



## Herbed Chicken and Broccoli Quiche

READY IN



80 min.

SERVINGS



6

CALORIES



582 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1 cup broccoli green frozen thawed drained chopped giant®
- ☐ 0.5 cup alouette garlic & herbs spreadable cheese (from 8-oz container)
- ☐ 4 eggs
- ☐ 1.8 cups half and half
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 1 cup rotisserie chicken cut chopped (from)
- ☐ 0.3 teaspoon salt

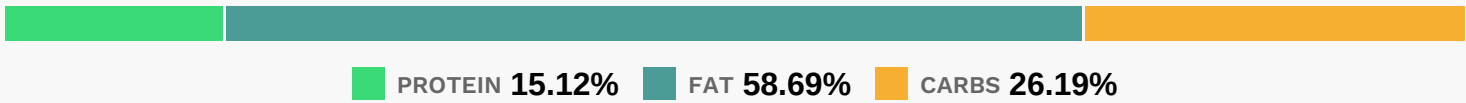
### Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. In 9-inch glass pie plate, place pie crust as directed on box for One-Crust Filled Pie.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Sprinkle chicken and broccoli in partially baked crust.
- ☐ In medium bowl, beat eggs, half and half and salt with wire whisk until well blended.
- ☐ Pour into crust.
- ☐ Drop cream cheese by teaspoonfuls into quiche. Cover crust edge with strips of foil to prevent excessive browning.
- ☐ Bake 10 minutes.
- ☐ Reduce oven temperature to 300°F.
- ☐ Bake 35 to 40 minutes or until knife inserted in center comes out clean.
- ☐ Remove foil; let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:11.327826137128%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 582.12kcal (29.11%), Fat: 38.11g (58.63%), Saturated Fat: 15.88g (99.23%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 36.23g (13.17%), Sugar: 3.28g (3.64%), Cholesterol: 192.15mg (64.05%), Sodium: 698.29mg (30.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.18%), Vitamin B2: 0.4mg (23.62%), Selenium: 15.43µg (22.04%), Vitamin K: 20.83µg (19.84%), Phosphorus: 182.81mg (18.28%), Folate: 71.81µg (17.95%), Manganese: 0.33mg (16.73%), Vitamin C: 13.72mg (16.63%), Vitamin B1: 0.23mg (15.11%), Iron: 2.39mg (13.28%), Calcium: 111.57mg (11.16%), Vitamin B5: 1.01mg (10.08%), Vitamin A: 500.3IU (10.01%), Vitamin B3: 1.99mg (9.96%), Fiber: 2.05g (8.19%), Vitamin B6: 0.14mg (7.21%), Potassium: 244.68mg (6.99%), Zinc: 1.01mg (6.76%), Vitamin B12: 0.4µg (6.59%), Vitamin E: 0.91mg (6.04%), Magnesium: 23.66mg (5.92%), Copper: 0.08mg (4.24%), Vitamin D: 0.59µg (3.91%)