



Potato-Crust Chicken Quiche

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 tablespoons butter melted
- 1 cup roasted chicken diced cooked
- 4 eggs
- 1 cup half and half
- 4 cups hash browns shredded frozen thawed
- 4 ounces pepper jack cheese shredded
- 0.5 teaspoon salt

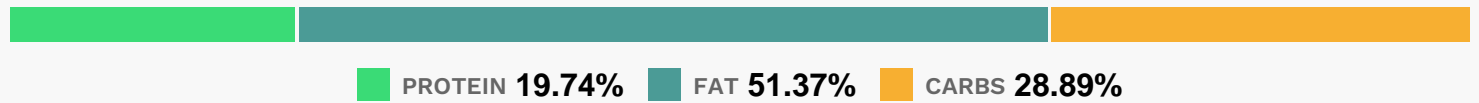
Equipment

- bowl
- paper towels
- oven
- knife

Directions

- Pat hash browns with paper towels to remove excess moisture. Press into a well-greased 9-in. pie plate; brush with butter.
- Bake at 425° for 20–25 minutes or until lightly browned. Reduce heat to 350°.
- Sprinkle cheese and chicken into the crust. In a bowl, beat the eggs, cream and salt; pour over chicken.
- Bake for 20–25 minutes or until a knife inserted near the center comes out clean.
- Let stand for 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:5.34, Inflammation Score:-4, Nutrition Score:9.4617391513742%

Nutrients (% of daily need)

Calories: 276.93kcal (13.85%), Fat: 15.93g (24.52%), Saturated Fat: 8.71g (54.43%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 18.69g (6.8%), Sugar: 1.4g (1.56%), Cholesterol: 129.46mg (43.15%), Sodium: 350.07mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.55%), Phosphorus: 219.44mg (21.94%), Selenium: 14.45µg (20.64%), Calcium: 164.38mg (16.44%), Vitamin B3: 3.19mg (15.96%), Vitamin B2: 0.26mg (15.1%), Potassium: 422.39mg (12.07%), Vitamin B6: 0.23mg (11.35%), Vitamin C: 8.88mg (10.77%), Iron: 1.75mg (9.7%), Vitamin B5: 0.97mg (9.69%), Vitamin A: 473.26IU (9.47%), Vitamin B1: 0.13mg (8.86%), Zinc: 1.32mg (8.79%), Manganese: 0.16mg (8.23%), Vitamin B12: 0.43µg (7.18%), Copper: 0.14mg (6.86%), Magnesium: 24.83mg (6.21%), Fiber: 1.47g (5.88%), Folate: 19.03µg (4.76%), Vitamin D: 0.52µg (3.5%), Vitamin E: 0.47mg (3.1%), Vitamin K: 1.18µg (1.12%)