



Sour Cream Chicken Quiche

READY IN



70 min.

SERVINGS



6

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup chicken meat cubed cooked
- 2 eggs lightly beaten
- 1 tablespoon flour all-purpose
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon ground pepper black
- 0.8 cup milk
- 1 tablespoon olive oil
- 0.3 cup onion chopped

- 1 9-inch pie crust frozen thawed prepared ()
- 0.3 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded
- 0.8 cup cup heavy whipping cream sour
- 0.5 cup swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Preheat oven to 400 degrees F (200 degrees C) and line a 9-inch pie plate with thawed pie crust; refrigerate until ready to fill.
- Heat olive oil in a medium skillet over medium high heat.
- Saute onion and bell pepper for 3 minutes, stirring frequently.
- Add flour, then cook and stir for an additional 2 minutes. Finally, stir in chicken, salt, nutmeg and pepper and mix well.
- Spread chicken mixture over the bottom of the unbaked pie shell, and top with Cheddar cheese and Swiss cheese. In a small bowl whip together the egg beat, milk and sour cream and pour mixture over chicken mixture.
- Bake at 400 degrees F (200 degrees C) for 20 minutes, then reduce temperature to 350 degrees F (175 degrees C) and bake for another 30 to 35 minutes, or until a knife inserted into the pie comes out clean.

Nutrition Facts

PROTEIN 16.75% FAT 61.32% CARBS 21.93%

Properties

Glycemic Index:51, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:10.73347826626%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 391.02kcal (19.55%), Fat: 26.57g (40.88%), Saturated Fat: 10.87g (67.95%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.26g (7.37%), Sugar: 2.99g (3.32%), Cholesterol: 110.47mg (36.82%), Sodium: 370.85mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Selenium: 19.62µg (28.03%), Phosphorus: 250.12mg (25.01%), Calcium: 233.52mg (23.35%), Vitamin B2: 0.33mg (19.24%), Vitamin B3: 2.93mg (14.66%), Vitamin B12: 0.79µg (13.25%), Zinc: 1.68mg (11.23%), Vitamin B1: 0.16mg (10.36%), Vitamin A: 510.32IU (10.21%), Vitamin B6: 0.2mg (10.16%), Folate: 40.16µg (10.04%), Manganese: 0.2mg (9.96%), Vitamin B5: 0.9mg (8.95%), Iron: 1.57mg (8.72%), Vitamin C: 5.75mg (6.96%), Potassium: 224.71mg (6.42%), Magnesium: 25.57mg (6.39%), Vitamin E: 0.92mg (6.12%), Vitamin K: 5.38µg (5.13%), Vitamin D: 0.69µg (4.57%), Fiber: 1.12g (4.5%), Copper: 0.07mg (3.61%)