



Sour Cream Chicken Quiche

READY IN



80 min.

SERVINGS



6

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup chicken breast cooked chopped
- ☐ 2 eggs slightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped

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

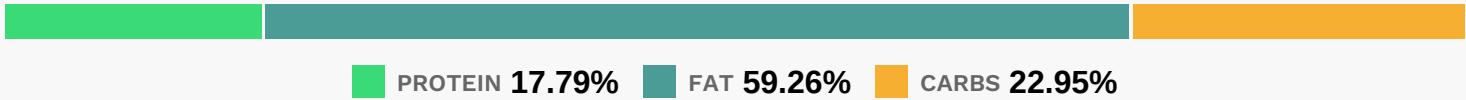
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a 9 inch pie plate with thawed pie crust. Keep in refrigerator until ready to fill.
- ☐ In medium frying pan, heat olive oil on medium-high.
- ☐ Add onion and green pepper. Cook three minutes, stirring frequently.
- ☐ Add flour and cook for two minutes, stirring frequently. Stir in chicken, salt, nutmeg and pepper.
- ☐ Spread this mixture over bottom of unbaked pie shell and top with Cheddar and Swiss cheese.
- ☐ Combine eggs, milk and sour cream, mix until smooth.
- ☐ Pour over chicken mixture.
- ☐ Bake in preheated oven for 20 minutes. Reduce temperature to 350 degrees F (175 degrees C) and bake 30 to 35 minutes until inserted knife comes out clean.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:10.551739205485%

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: 372.87kcal (18.64%), Fat: 24.46g (37.64%), Saturated Fat: 9.87g (61.66%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 20.2g (7.34%), Sugar: 2.99g (3.32%), Cholesterol: 108.62mg (36.21%), Sodium: 362.29mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.04%), Selenium: 18.97µg (27.1%), Phosphorus: 232.69mg (23.27%), Vitamin B3: 4.29mg (21.45%), Calcium: 194.17mg (19.42%), Vitamin B2: 0.31mg (17.99%), Vitamin B6: 0.24mg (12.22%), Vitamin B12: 0.67µg (11.18%), Vitamin B1: 0.16mg (10.45%), Manganese: 0.2mg (9.95%), Folate: 39.52µg (9.88%), Vitamin A: 468.31IU (9.37%), Zinc: 1.37mg (9.11%), Vitamin B5: 0.87mg (8.75%), Iron: 1.52mg (8.47%), Vitamin C: 5.75mg (6.96%), Potassium: 227.82mg (6.51%), Magnesium: 25.95mg (6.49%), Vitamin E: 0.95mg (6.36%), Vitamin K: 5.39µg (5.13%), Vitamin D: 0.71µg (4.72%), Fiber: 1.12g (4.5%), Copper: 0.07mg (3.41%)