



Spinach Quiche with Chicken

READY IN



70 min.

SERVINGS



8

CALORIES



1254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup meat from a rotisserie chicken diced cooked
- 3 eggs
- 0.1 teaspoon ground pepper black
- 0.8 cup half-and-half
- 1 pinch herbs de provence to taste
- 0.5 cup mayonnaise
- 9 inch unbaked pastry shell
- 0.3 teaspoon salt
- 1 pinch seasoning blend salt-free to taste (such as Mrs. Dash)

- 0.8 cup cheddar cheese shredded
- 1 cup pkt spinach fresh chopped
- 0.5 cup onion sweet chopped vidalia® (such as)

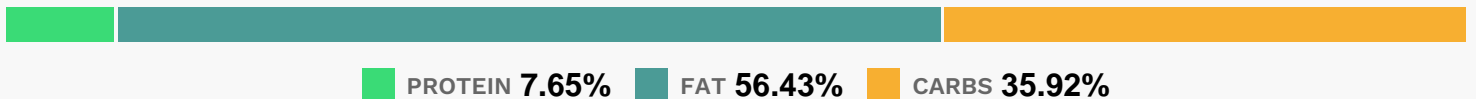
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sprinkle 1/4 cup Cheddar cheese in pastry shell.
- Mix chicken, spinach, onion, and remaining 3/4 cup Cheddar cheese in a bowl; transfer mixture to pastry shell.
- Whisk eggs, half-and-half, mayonnaise, salt, black pepper, seasoning blend, and herbes de Provence in another bowl; pour over chicken mixture.
- Bake in the preheated oven until a knife inserted into the center comes out clean, 35 to 40 minutes.
- Let stand for 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:22.856956378273%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

1.6mg

Nutrients (% of daily need)

Calories: 1253.75kcal (62.69%), Fat: 78.1g (120.15%), Saturated Fat: 24.46g (152.9%), Carbohydrates: 111.84g (37.28%), Net Carbohydrates: 105.97g (38.54%), Sugar: 1.64g (1.82%), Cholesterol: 98.92mg (32.97%), Sodium: 1205.31mg (52.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.67%), Vitamin K: 59.24µg (56.42%), Manganese: 1.06mg (52.9%), Folate: 179.68µg (44.92%), Vitamin B1: 0.65mg (43.66%), Vitamin B3: 7.54mg (37.72%), Selenium: 26.34µg (37.63%), Iron: 6.62mg (36.76%), Vitamin B2: 0.59mg (34.53%), Phosphorus: 306.1mg (30.61%), Fiber: 5.87g (23.47%), Calcium: 162.75mg (16.27%), Vitamin B5: 1.48mg (14.82%), Zinc: 2.03mg (13.52%), Vitamin A: 649.07IU (12.98%), Vitamin E: 1.91mg (12.71%), Vitamin B6: 0.25mg (12.7%), Magnesium: 48.98mg (12.25%), Copper: 0.21mg (10.54%), Potassium: 357.03mg (10.2%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.42µg (2.81%), Vitamin C: 1.75mg (2.13%)