

Chicken Quiche

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-quiche-recipe>

Ingredients:

- 1 pie crust 9-inch
- 7 large eggs beaten
- 2/3 cup skim milk
- 2 cups cooked chicken breast diced, chopped 1/2 inch pieces
- 1 cup baby spinach chopped
- 1/3 cup swiss cheese part skim, or cheese of your choice
- 4 ounces mushrooms chopped 1/2 inch pieces
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried thyme

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 255 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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