



## Curry Vegetable Egg Bake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 1 cup mushrooms sliced
- 0.3 cup onion chopped
- 1 cup zucchini chopped
- 1 cup to 3 sized squashes yellow chopped
- 1.5 teaspoons curry powder
- 1 cup milk
- 6 eggs

- 1 cup tomatoes diced
- 0.5 cup frangelico

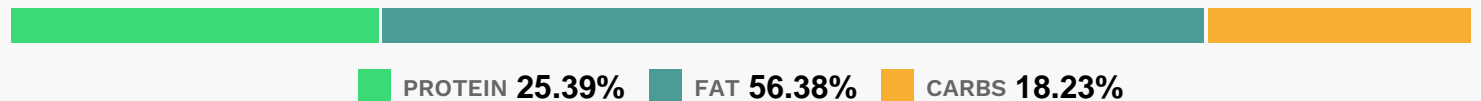
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Heat oven to 350°F. Grease 9-inch square (2-quart) baking dish.
- Heat 10-inch skillet over medium heat, and drizzle with olive oil.
- Add mushrooms, onion, zucchini and squash.
- Sprinkle with 1/2 teaspoon of the curry powder. Cook until vegetables are tender, about 10 minutes.
- In large bowl, beat Bisquick mix, milk and eggs with whisk.
- Add remaining 1 teaspoon curry powder, cooked vegetables and tomato. Beat well.
- Pour into baking dish.
- Bake 30 to 40 minutes or until eggs are set. Cool 5 to 10 minutes before cutting.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:14.295652099278%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

## **Nutrients (% of daily need)**

Calories: 190.13kcal (9.51%), Fat: 12.15g (18.69%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.47g (7.19%), Cholesterol: 252.84mg (84.28%), Sodium: 123.87mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Selenium: 23.95µg (34.21%), Vitamin B2: 0.56mg (33.14%), Phosphorus: 249.9mg (24.99%), Vitamin C: 16.78mg (20.34%), Vitamin A: 891.61IU (17.83%), Vitamin B5: 1.75mg (17.51%), Vitamin B6: 0.34mg (16.85%), Vitamin B12: 0.93µg (15.44%), Potassium: 528.32mg (15.09%), Folate: 59.38µg (14.84%), Vitamin D: 2.04µg (13.59%), Calcium: 131.55mg (13.16%), Manganese: 0.22mg (11.2%), Vitamin E: 1.67mg (11.13%), Iron: 1.85mg (10.29%), Zinc: 1.52mg (10.12%), Copper: 0.19mg (9.36%), Magnesium: 34.78mg (8.7%), Vitamin B1: 0.13mg (8.52%), Vitamin K: 8.4µg (8%), Vitamin B3: 1.52mg (7.58%), Fiber: 1.73g (6.91%)