



Easy Italian Artichoke-Bacon Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



253 kcal

Ingredients

- ☐ 4 oz mozzarella cheese shredded
- ☐ 0.8 cup bacon crumbled cooked
- ☐ 0.3 cup sun-dried olives drained chopped
- ☐ 0.3 cup salad dressing italian
- ☐ 6 oz marinated artichoke drained chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup milk
- ☐ 2 eggs

☐ 0.5 cup frangelico

Equipment

☐ bowl

☐ oven

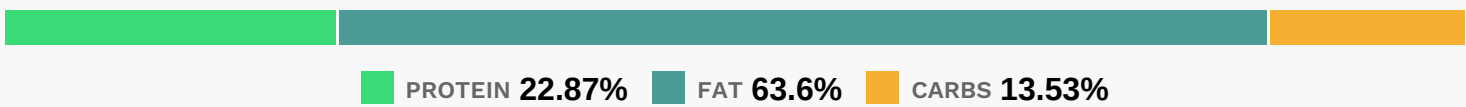
☐ knife

☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In large bowl, toss mozzarella cheese, bacon, sun-dried tomatoes, dressing and artichokes.
- ☐ Spread mixture in pie plate.
- ☐ In medium bowl, beat remaining ingredients with whisk or fork until blended.
- ☐ Pour over mixture in pie plate.
- ☐ Bake 25 to 30 minutes or until golden brown and knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:9.790434723315%

Nutrients (% of daily need)

Calories: 253.06kcal (12.65%), Fat: 17.8g (27.38%), Saturated Fat: 6.63g (41.47%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.28g (5.86%), Cholesterol: 91.98mg (30.66%), Sodium: 675.01mg (29.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.81%), Selenium: 17.62µg (25.17%), Phosphorus: 237.06mg (23.71%), Calcium: 204.25mg (20.42%), Vitamin B12: 0.99µg (16.52%), Vitamin B2: 0.25mg (14.5%), Vitamin A: 641.19IU (12.82%), Zinc: 1.63mg (10.84%), Vitamin B3: 1.99mg (9.95%), Potassium: 342.17mg (9.78%), Vitamin B1: 0.14mg (9.45%), Vitamin C: 7.79mg (9.45%), Vitamin B6: 0.16mg (8.06%), Vitamin K: 8.13µg (7.74%), Vitamin B5: 0.67mg (6.72%), Magnesium: 25.83mg (6.46%), Iron: 1.15mg (6.41%), Vitamin D: 0.89µg (5.96%), Manganese: 0.11mg (5.41%), Copper: 0.1mg (4.89%), Fiber: 1.15g (4.61%), Vitamin E: 0.51mg (3.38%), Folate:

11.7µg (2.93%)