



Easy Mushroom Pizza Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1.5 cups milk
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 1 cup onion chopped (1 large)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup tomato sauce

- ☐ 4 oz mozzarella cheese shredded
- ☐ 0.8 cup frangelico
- ☐ 0.8 cup frangelico

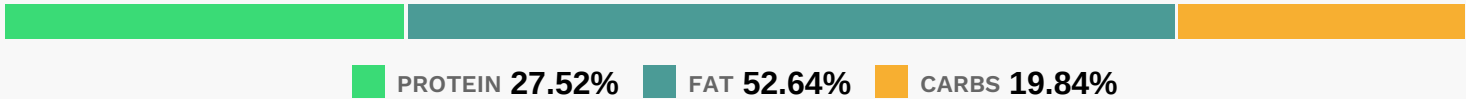
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat oven to 425F. Grease 10-inch glass pie plate with shortening or cooking spray.
- ☐ Sprinkle mushrooms, 2/3 cup of the onion and 1/3 cup Parmesan cheese in pie plate.
- ☐ In medium bowl, beat milk, eggs and Bisquick mix with wire whisk or electric mixer about 1 minute or until smooth.
- ☐ Pour over vegetable mixture in pie plate.
- ☐ Bake 20 minutes.
- ☐ Spread pizza sauce over top. Top with 1/4 cup Parmesan cheese, remaining 1/3 cup onion, the bell pepper and mozzarella cheese.
- ☐ Bake 15 to 20 minutes longer or until cheese is light brown.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:10.886956588082%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 188.42kcal (9.42%), Fat: 11.17g (17.19%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.79g (6.44%), Cholesterol: 112.55mg (37.52%), Sodium: 442.34mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.29%), Calcium: 279.61mg (27.96%), Phosphorus: 267.73mg (26.77%), Selenium: 16.76µg (23.95%), Vitamin B2: 0.38mg (22.42%), Vitamin B12: 1.1µg (18.26%), Vitamin C: 13.83mg (16.77%), Zinc: 1.72mg (11.49%), Vitamin A: 564.36IU (11.29%), Vitamin B5: 1.05mg (10.5%), Potassium: 343.03mg (9.8%), Vitamin B6: 0.19mg (9.57%), Vitamin D: 1.28µg (8.52%), Copper: 0.13mg (6.61%), Magnesium: 26.03mg (6.51%), Vitamin B1: 0.09mg (6.18%), Folate: 24.01µg (6%), Vitamin B3: 1.17mg (5.84%), Manganese: 0.1mg (5.2%), Iron: 0.91mg (5.07%), Fiber: 1.18g (4.73%), Vitamin E: 0.69mg (4.63%), Vitamin K: 2.45µg (2.33%)