



Easy Salmon Puff

 **Gluten Free**

READY IN



55 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup milk
- 0.5 cup cream sour
- 1 teaspoon dill dried
- 4 eggs
- 12 oz salmon boneless skinless flaked drained canned
- 4 oz swiss cheese shredded
- 1 cup frangelico

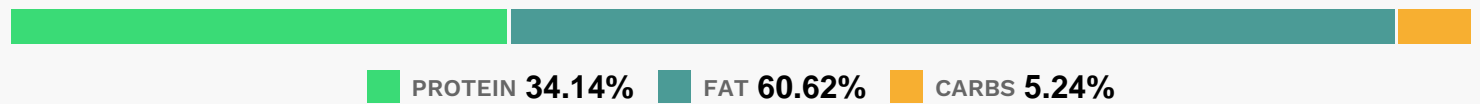
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 375°F. Spray 9-inch glass pie plate with cooking spray. In small bowl, stir Bisquick mix, milk, sour cream, dill weed and eggs with wire whisk until blended. Gently stir in salmon and cheese.
- Pour into pie plate.
- Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:15.121304316365%

Nutrients (% of daily need)

Calories: 259.51kcal (12.98%), Fat: 17.27g (26.57%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.34g (1.21%), Sugar: 2.72g (3.02%), Cholesterol: 174.07mg (58.02%), Sodium: 123.31mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.77%), Selenium: 36.87µg (52.67%), Vitamin B12: 2.89µg (48.25%), Phosphorus: 336.51mg (33.65%), Vitamin B2: 0.5mg (29.15%), Vitamin B6: 0.56mg (28.12%), Calcium: 263.79mg (26.38%), Vitamin B3: 4.56mg (22.78%), Vitamin B5: 1.69mg (16.9%), Potassium: 422.2mg (12.06%), Zinc: 1.8mg (12.02%), Vitamin B1: 0.17mg (11.28%), Vitamin A: 532.99IU (10.66%), Copper: 0.18mg (8.82%), Magnesium: 33.75mg (8.44%), Folate: 30.81µg (7.7%), Vitamin D: 1.03µg (6.89%), Iron: 1.09mg (6.03%), Vitamin E: 0.51mg (3.43%), Manganese: 0.03mg (1.43%)