

Impossible Garden Pie

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

Ingredients

- 2 cups asparagus fresh cut (1-inch pieces)
- 0.8 cup baking mix reduced-fat
- 0.3 teaspoon basil dried
- 3 eggs
- 1.5 cups skim milk fat-free
- 1 garlic clove minced
- 1 medium onion chopped
- 0.5 cup parmesan cheese grated
- 4 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 1.5 cups tomatoes fresh chopped

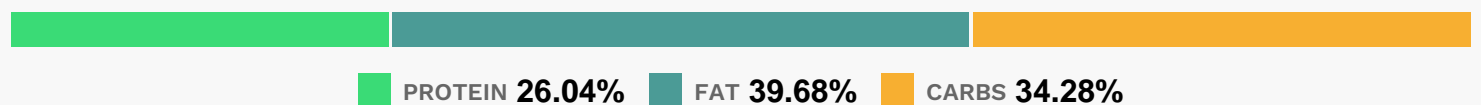
Equipment

- bowl
- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- In a large bowl, combine the first seven ingredients.
- Transfer to an 8-in. square baking dish coated with cooking spray.
- Sprinkle with cheese.
- In another large bowl, whisk the biscuit mix, eggs and milk until smooth; pour over cheese.
- Bake, uncovered, at 400° for 30–35 minutes or until set and a thermometer inserted near the center reads 160°.
- Let stand for 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:32.04, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:14.545217410378%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 223.6kcal (11.18%), Fat: 9.95g (15.3%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 17.28g (6.28%), Sugar: 7.74g (8.6%), Cholesterol: 103.32mg (34.44%), Sodium: 611.09mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Phosphorus: 375.68mg (37.57%), Calcium: 362.41mg (36.24%), Vitamin B2: 0.41mg (24.03%), Vitamin K: 23.94µg (22.8%), Selenium: 15.94µg (22.77%), Vitamin A: 1056.49IU (21.13%), Folate: 64.97µg (16.24%), Vitamin B1: 0.22mg (14.81%), Vitamin B12: 0.88µg (14.62%), Zinc: 1.88mg (12.52%), Manganese: 0.23mg (11.4%), Potassium: 397.81mg (11.37%), Iron: 2.03mg (11.27%), Vitamin C: 9.16mg (11.11%), Vitamin B6: 0.2mg (10.19%), Vitamin B5: 0.91mg (9.13%), Magnesium: 33.75mg (8.44%), Copper: 0.17mg (8.27%), Fiber: 2.06g (8.24%), Vitamin D: 1.21µg (8.08%), Vitamin B3: 1.48mg (7.41%), Vitamin E: 1.03mg (6.9%)