



Impossibly Easy Bacon Pie

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



221 kcal

Ingredients

- 12 slices bacon crumbled cooked
- 3 eggs
- 1.5 cups milk
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 4 oz swiss cheese shredded
- 0.8 cup frangelico
- 0.8 cup frangelico

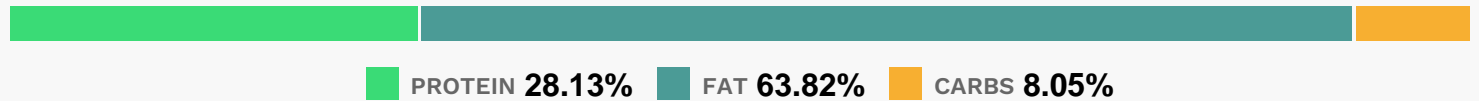
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 400F. Grease 9-inch glass pie plate.
- Sprinkle bacon, cheese and onion into pie plate.
- In medium bowl, beat remaining ingredients until blended; pour into pie plate.
- Bake 35 to 40 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:9.2939130741617%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 220.88kcal (11.04%), Fat: 15.53g (23.89%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 4.25g (1.54%), Sugar: 3.39g (3.77%), Cholesterol: 122.58mg (40.86%), Sodium: 358.55mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Selenium: 21.76µg (31.09%), Phosphorus: 278.38mg (27.84%), Calcium: 259.55mg (25.95%), Vitamin B12: 1.27µg (21.17%), Vitamin B2: 0.28mg (16.56%), Zinc: 1.87mg (12.43%), Vitamin B1: 0.14mg (9.25%), Vitamin B6: 0.18mg (9.21%), Vitamin B3: 1.78mg (8.91%), Vitamin B5: 0.84mg (8.36%), Vitamin D: 1.17µg (7.83%), Vitamin A: 380.81IU (7.62%), Potassium: 228.65mg (6.53%), Magnesium: 22.12mg (5.53%), Folate: 13.74µg (3.43%), Iron: 0.58mg (3.25%), Vitamin E: 0.44mg (2.96%), Copper: 0.05mg (2.31%), Manganese: 0.03mg (1.49%)