



Impossible Easy BLT Pie



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



238 kcal

Ingredients

- ☐ 12 slices bacon crumbled cooked
- ☐ 4 oz swiss cheese shredded
- ☐ 0.3 cup salad dressing
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 2 eggs
- ☐ 2 tablespoons salad dressing
- ☐ 1 cup lettuce shredded
- ☐ 6 slices tomatoes thin

☐ 0.5 cup frangelico

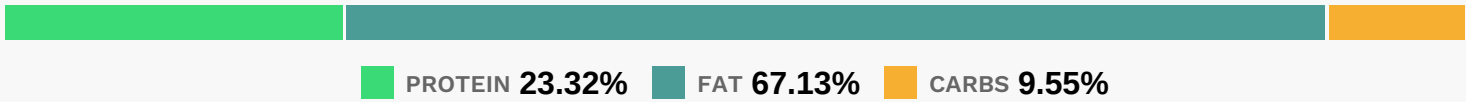
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Layer bacon and cheese in pie plate.
- ☐ In medium bowl, stir Bisquick mix, 1/3 cup mayonnaise, the milk, pepper and eggs with wire whisk until blended.
- ☐ Pour into pie plate.
- ☐ Bake 25 to 30 minutes or until top is golden brown and knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.
- ☐ Spread 2 tablespoons mayonnaise over top of pie.
- ☐ Sprinkle with lettuce.
- ☐ Place tomato slices on lettuce.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:9.5347826532696%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 237.61kcal (11.88%), Fat: 17.66g (27.16%), Saturated Fat: 6.92g (43.25%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.17g (1.88%), Sugar: 4.38g (4.87%), Cholesterol: 91.64mg (30.55%), Sodium: 514.72mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Selenium: 19.25µg (27.5%), Phosphorus: 242.01mg (24.2%), Calcium: 223.04mg (22.3%), Vitamin B12: 1.04µg (17.34%), Vitamin K: 15.42µg (14.68%), Vitamin B2: 0.21mg (12.45%), Vitamin A: 583.16IU (11.66%), Zinc: 1.71mg (11.38%), Vitamin B3: 1.93mg (9.67%), Vitamin B6: 0.18mg (9.02%), Vitamin B1: 0.13mg (8.88%), Potassium: 255.6mg (7.3%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.91mg (6.04%), Magnesium: 21.38mg (5.35%), Vitamin C: 4.11mg (4.98%), Vitamin D: 0.69µg (4.62%), Folate: 16.13µg (4.03%), Iron: 0.61mg (3.36%), Manganese: 0.07mg (3.32%), Copper: 0.06mg (2.97%), Fiber: 0.48g (1.91%)