



Impossibly Easy Broccoli and Red Pepper Pie

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



138 kcal

Ingredients

- 2 cups broccoli chopped
- 0.3 cup onion chopped
- 0.3 cup bell pepper red yellow chopped
- 4 oz cheddar cheese shredded
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 eggs
- 0.5 cup frangelico

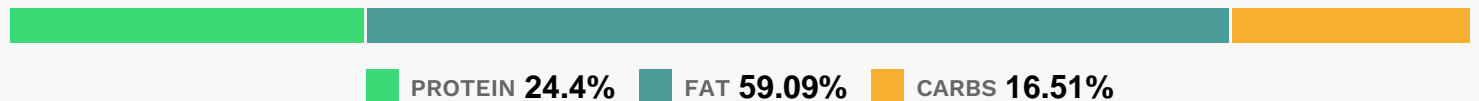
Equipment

- bowl
- sauce pan
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- In 2-quart saucepan, heat 1 inch water (salted if desired) to boiling.
- Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly.
- In pie plate, stir together broccoli, onion, bell pepper and cheese. In medium bowl, stir remaining ingredients with wire whisk or fork until blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until golden brown and knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:10.453912895659%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 138.46kcal (6.92%), Fat: 9.26g (14.25%), Saturated Fat: 4.89g (30.53%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.95g (3.28%), Cholesterol: 78.34mg (26.11%), Sodium: 363.89mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 42.01mg (50.92%), Vitamin K: 30.71µg (29.25%), Calcium: 209.08mg (20.91%), Phosphorus: 180.73mg (18.07%), Selenium: 11.43µg (16.33%), Vitamin B2: 0.25mg (14.44%), Vitamin A: 534.39IU (10.69%), Vitamin B12: 0.55µg (9.17%), Folate: 33.2µg (8.3%), Zinc: 1.2mg (8%), Vitamin B6: 0.14mg (6.95%), Vitamin B5: 0.65mg (6.49%), Potassium: 220.16mg (6.29%), Vitamin D: 0.85µg (5.69%), Manganese: 0.1mg (5.08%), Magnesium: 19.93mg (4.98%), Vitamin B1: 0.06mg (4.1%), Fiber: 1.01g (4.04%), Vitamin E: 0.55mg (3.65%), Iron: 0.57mg (3.15%), Copper: 0.05mg (2.26%), Vitamin B3: 0.34mg (1.68%)