



Impossibly Easy Calico Corn and Bacon Pie

READY IN



55 min.

SERVINGS



6

CALORIES



182 kcal

Ingredients

- 0.5 cup bacon crumbled cooked
- 0.3 cup onion chopped
- 0.3 cup bell pepper green chopped
- 7 oz corn whole drained canned
- 2 oz pimientos diced drained
- 2 eggs slightly beaten
- 0.7 cup baking mix bisquick heart smart®
- 1 cup milk
- 0.1 teaspoon pepper
- 1 serving cream sour

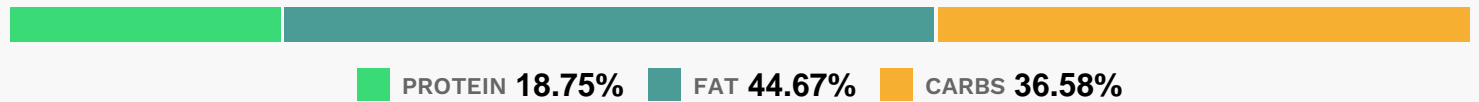
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. Reserve 2 tablespoons of the crumbled cooked bacon for garnish.
- Sprinkle remaining bacon, the onion, bell pepper, corn and pimientos in pie plate.
- In medium bowl, stir remaining ingredients except sour cream until blended.
- Pour into pie plate.
- Bake uncovered about 30 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Serve garnished with sour cream and reserved bacon.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:7.9778261081032%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 181.6kcal (9.08%), Fat: 8.97g (13.8%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.8g (5.75%), Sugar: 4.38g (4.86%), Cholesterol: 70.21mg (23.4%), Sodium: 421.21mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Phosphorus: 204.96mg (20.5%), Vitamin C: 15.93mg (19.31%), Selenium: 11.18µg (15.97%), Vitamin B2: 0.22mg (13.06%), Vitamin B1: 0.17mg (11.47%), Vitamin B3: 2.02mg (10.09%), Folate: 35.83µg (8.96%), Calcium: 88.82mg (8.88%), Vitamin A: 435.78IU (8.72%), Vitamin B12:

0.51µg (8.48%), Vitamin B6: 0.16mg (7.9%), Potassium: 230.22mg (6.58%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.86mg (5.77%), Iron: 1.02mg (5.69%), Vitamin D: 0.78µg (5.19%), Manganese: 0.1mg (5.1%), Magnesium: 18.75mg (4.69%), Copper: 0.06mg (3.25%), Fiber: 0.73g (2.91%), Vitamin K: 2.58µg (2.46%), Vitamin E: 0.34mg (2.29%)