



Impossibly Easy Cheesy Chile Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

Ingredients

- 4 oz chilis green drained chopped well canned
- 8 oz cheddar cheese shredded
- 1 teaspoon cilantro leaves fresh chopped
- 1.5 cups milk
- 3 eggs
- 1 serving salsa thick
- 0.8 cup frangelico

Equipment

- bowl

oven

knife

Directions

Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.

Sprinkle chiles, cheese and cilantro in pie plate.

In medium bowl, stir Bisquick mix, milk and eggs until blended.

Pour into pie plate.

Bake 25 to 30 minutes or until knife inserted in center comes out clean.

Let stand 5 minutes before serving.

Serve with salsa.

Nutrition Facts

 **PROTEIN 24.15%**  **FAT 66.81%**  **CARBS 9.04%**

Properties

Glycemic Index:16.17, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:9.6313043444053%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.8kcal (11.39%), Fat: 16.96g (26.09%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.34g (3.72%), Cholesterol: 126.96mg (42.32%), Sodium: 411.65mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.59%), Calcium: 362.9mg (36.29%), Phosphorus: 282.08mg (28.21%), Selenium: 18.72µg (26.74%), Vitamin B2: 0.36mg (21.11%), Vitamin B12: 0.93µg (15.43%), Zinc: 1.95mg (12.99%), Vitamin A: 646.91IU (12.94%), Vitamin D: 1.34µg (8.92%), Vitamin C: 6.57mg (7.96%), Vitamin B5: 0.75mg (7.48%), Folate: 28.71µg (7.18%), Vitamin B6: 0.13mg (6.64%), Magnesium: 21.73mg (5.43%), Potassium: 186.17mg (5.32%), Vitamin E: 0.61mg (4.07%), Iron: 0.72mg (4%), Vitamin B1: 0.06mg (3.85%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.62%), Vitamin B3: 0.28mg (1.39%), Vitamin K: 1.43µg (1.36%)