



Impossibly Easy Cheesy Meatball Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



254 kcal

Ingredients

- ☐ 2 eggs
- ☐ 1.5 cups hash browns shredded refrigerated (from 1-lb 4-oz bag)
- ☐ 12 meatballs frozen thawed cut in half (from 16-oz bag)
- ☐ 1 cup milk
- ☐ 0.8 cup peas sweet frozen thawed drained
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup frangelico

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Equipment

☐ bowl

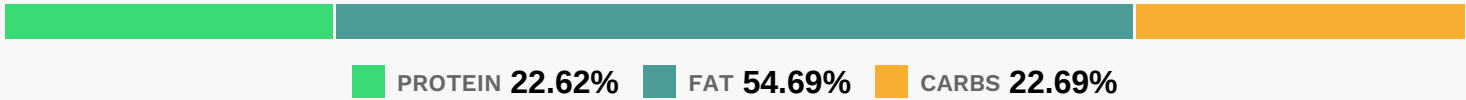
☐ oven

☐ whisk

Directions

- ☐ Heat oven to 400F. Spray 9-inch glass pie plate or deep-dish pie plate with cooking spray.
- ☐ In small bowl, toss potatoes with salt and pepper.
- ☐ Layer potatoes, peas, meatballs and cheese in pie plate.
- ☐ In medium bowl, stir Bisquick mix, milk and eggs with fork or wire whisk until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until center is set and top is golden brown.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:4.21, Inflammation Score:-4, Nutrition Score:11.340000007464%

Nutrients (% of daily need)

Calories: 254.06kcal (12.7%), Fat: 15.46g (23.78%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.64g (4.6%), Sugar: 3.1g (3.45%), Cholesterol: 98.5mg (32.83%), Sodium: 381.83mg (16.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.77%), Selenium: 18µg (25.71%), Phosphorus: 250.06mg (25.01%), Vitamin B1: 0.34mg (22.55%), Calcium: 206.04mg (20.6%), Vitamin B2: 0.3mg (17.87%), Vitamin C: 11.75mg (14.24%), Zinc: 2mg (13.35%), Vitamin B3: 2.53mg (12.66%), Vitamin B12: 0.75µg (12.44%), Vitamin B6: 0.25mg (12.33%), Potassium: 371.15mg (10.6%), Vitamin A: 475.53IU (9.51%), Manganese: 0.17mg (8.63%), Vitamin B5: 0.83mg (8.31%), Iron: 1.32mg (7.36%), Magnesium: 28.97mg (7.24%), Fiber: 1.79g (7.16%), Folate: 26.16µg (6.54%), Copper: 0.11mg (5.75%), Vitamin D: 0.85µg (5.69%), Vitamin K: 5.25µg (5%), Vitamin E: 0.34mg (2.27%)