



## Impossible Easy Chef's Salad Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



184 kcal

### Ingredients

- 0.5 cup ham smoked diced
- 0.5 cup turkey smoked diced
- 2 oz swiss cheese shredded
- 2 oz cheddar cheese shredded
- 3 eggs
- 1.5 cups milk
- 1 tablespoon ranch seasoning dry ( half of 1-oz package)
- 2 cups lettuce shredded
- 1 cup grape tomatoes halved

0.8 cup frangelico

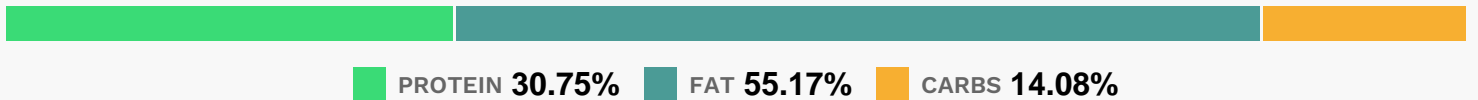
## Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- Heat oven to 400°F. Spray 9-inch deep-dish glass pie plate or 8-inch square (2-quart) baking dish with cooking spray.
- Sprinkle ham, turkey and cheeses in pie plate.
- In medium bowl, stir eggs, milk, dressing mix and Bisquick mix with fork or whisk until blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving. Top each serving with lettuce and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:9.4626087520434%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 184.24kcal (9.21%), Fat: 11.25g (17.3%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.87g (2.13%), Sugar: 4.19g (4.66%), Cholesterol: 120.16mg (40.05%), Sodium: 506.11mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.21%), Phosphorus: 261.62mg (26.16%), Calcium: 247.4mg (24.74%), Selenium: 15.22µg (21.74%), Vitamin B12: 1.01µg (16.86%), Vitamin B2: 0.28mg (16.53%), Vitamin A: 722.72IU (14.45%), Zinc: 1.78mg (11.84%), Vitamin B6: 0.17mg (8.37%), Potassium: 285.06mg (8.14%), Vitamin K: 8.35µg (7.96%), Vitamin D: 1.19µg (7.95%), Vitamin B5: 0.76mg (7.55%), Magnesium: 26.5mg (6.63%), Folate: 24.44µg (6.11%), Vitamin C: 4.07mg (4.94%), Vitamin B1: 0.07mg (4.65%), Iron: 0.83mg (4.63%), Vitamin B3: 0.9mg (4.5%), Copper: 0.09mg (4.25%), Vitamin E: 0.57mg (3.83%), Manganese: 0.07mg (3.47%), Fiber: 0.59g (2.34%)