



Impossible Easy Chef's Salad Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



184 kcal

Ingredients

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

0.8 cup frangelico

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Equipment

bowl

oven

knife

whisk

baking pan

Directions

Heat oven to 400F. 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.

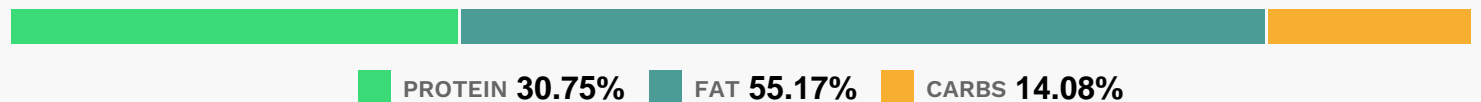
In medium bowl, stir eggs, milk, dressing mix and Bisquick mix with fork or whisk until blended.

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%)