



## Impossibly Easy Hot Dog and Cheese Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 lb hot dogs cut into 1/4-inch pieces
- 0.3 cup onion chopped
- 1 cup milk
- 2 eggs
- 4 oz cheddar cheese shredded
- 1 serving catsup
- 0.5 cup frangelico

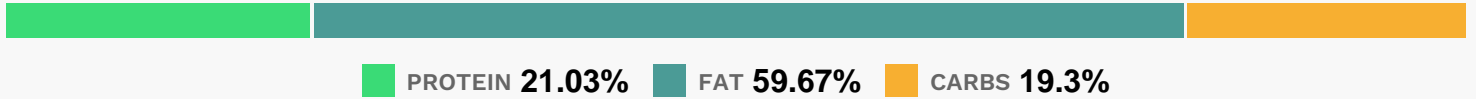
### Equipment

- bowl
- oven
- knife
- whisk

## Directions

- Heat oven to 400°F. Spray 9-inch pie plate with cooking spray.
- Layer hot dog pieces and onion in pie plate.
- In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended.
- Pour into pie plate.
- Sprinkle with cheese.
- Bake 25 to 30 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Serve with ketchup and mustard.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:2.93, Inflammation Score:-3, Nutrition Score:8.0904347132082%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 221.04kcal (11.05%), Fat: 14.74g (22.68%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 10.61g (3.86%), Sugar: 2.89g (3.21%), Cholesterol: 95.35mg (31.78%), Sodium: 441.37mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Selenium: 20.69µg (29.56%), Calcium: 202.83mg (20.28%), Phosphorus: 196.68mg (19.67%), Vitamin B2: 0.32mg (18.72%), Vitamin B12: 0.75µg (12.45%), Zinc: 1.83mg (12.19%), Vitamin B1: 0.13mg (8.55%), Folate: 30.88µg (7.72%), Vitamin B3: 1.51mg (7.57%), Vitamin A: 347.41IU (6.95%), Iron: 1.2mg (6.68%), Vitamin B5: 0.66mg (6.61%), Vitamin D: 0.85µg (5.69%), Potassium: 167.74mg

(4.79%), Vitamin B6: 0.09mg (4.68%), Magnesium: 17.65mg (4.41%), Manganese: 0.05mg (2.69%), Copper: 0.05mg (2.57%), Vitamin E: 0.35mg (2.36%)