



## Impossibly Easy Hot Dog and Cheese Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

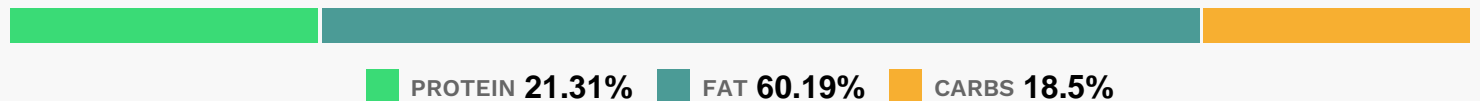
## Equipment

- bowl
- oven
- knife
- whisk

## Directions

- Heat oven to 400F. 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:25.33, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:8.3660868613616%

## 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: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 221.57kcal (11.08%), Fat: 14.91g (22.93%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 9.98g (3.63%), Sugar: 2.43g (2.7%), Cholesterol: 95.35mg (31.78%), Sodium: 473.7mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Selenium: 22.37µg (31.96%), Calcium: 205.61mg

(20.56%), Phosphorus: 201.43mg (20.14%), Vitamin B2: 0.32mg (18.67%), Vitamin B12: 0.75µg (12.45%), Zinc: 1.86mg (12.38%), Vitamin B1: 0.14mg (9.16%), Folate: 31µg (7.75%), Vitamin B3: 1.51mg (7.53%), Iron: 1.27mg (7.07%), Vitamin A: 338.14IU (6.76%), Vitamin B5: 0.67mg (6.74%), Vitamin D: 0.85µg (5.69%), Magnesium: 19.72mg (4.93%), Potassium: 168.21mg (4.81%), Vitamin B6: 0.09mg (4.66%), Manganese: 0.07mg (3.61%), Copper: 0.05mg (2.65%), Vitamin E: 0.33mg (2.23%), Fiber: 0.33g (1.31%)