



Impossibly Easy Italian Sausage Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



199 kcal

Ingredients

- ☐ 0.5 lb sausage meat italian
- ☐ 2 eggs
- ☐ 2 cups savory vegetable mixed frozen thawed drained well
- ☐ 1 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

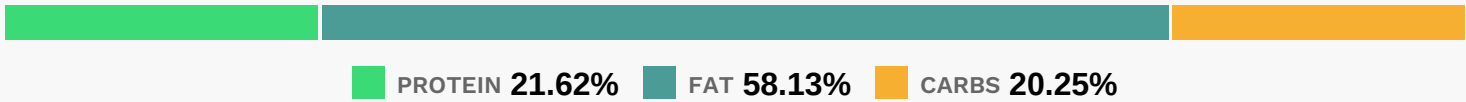
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook sausage over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain.
- ☐ Spread sausage in pie plate.
- ☐ Sprinkle with vegetables.
- ☐ In medium bowl, stir remaining ingredients until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until top is golden brown and knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:3.31, Inflammation Score:-9, Nutrition Score:10.659999787807%

Nutrients (% of daily need)

Calories: 199.32kcal (9.97%), Fat: 13.04g (20.07%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 7.78g (2.83%), Sugar: 2.01g (2.23%), Cholesterol: 86.66mg (28.89%), Sodium: 499mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.83%), Vitamin A: 3254.54IU (65.09%), Phosphorus: 157.07mg (15.71%), Vitamin B1: 0.21mg (13.78%), Vitamin B2: 0.22mg (13%), Vitamin B3: 2.59mg (12.96%), Vitamin B6: 0.22mg (11.19%), Vitamin B12: 0.67µg (11.19%), Fiber: 2.45g (9.79%), Zinc: 1.45mg (9.67%), Potassium: 304.74mg (8.71%), Manganese: 0.17mg (8.34%), Vitamin D: 1.23µg (8.21%), Vitamin C: 6.57mg (7.97%), Selenium: 5.52µg (7.89%), Calcium: 77.29mg (7.73%), Vitamin B5: 0.73mg (7.3%), Iron: 1.26mg (7.01%), Magnesium: 26.64mg (6.66%), Folate: 24.88µg (6.22%), Copper: 0.09mg (4.68%), Vitamin E: 0.25mg (1.65%)