



Impossibly Easy Mexican Mini Veggie Pies

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



302 kcal

Ingredients

- 1 avocado diced pitted peeled
- 1 cup black beans rinsed drained (from 15-oz can)
- 1 chipotles in adobo chopped (from 7-oz can)
- 2 eggs
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup corn frozen
- 2 cloves garlic finely chopped
- 1 pint grape tomatoes cut in half
- 1 tablespoon juice of lime fresh

- 0.5 cup milk
- 1 cup onion chopped
- 0.3 teaspoon oregano dried
- 0.5 teaspoon salt
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour (per pie)
- 1 tablespoon vegetable oil
- 0.5 cup frangelico
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch skillet, heat oil over medium-high heat.
- Add onion, chiles, frozen corn and garlic; cook 5 minutes, stirring occasionally.
- Add oregano, salt, lime juice, beans and cilantro, stirring until combined.
- Remove from heat. Cool 5 minutes; stir in cheese.
- In medium bowl, stir baking mixture with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup veggie mixture. Spoon 1 tablespoon baking mixture onto veggie mixture in each muffin cup.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean, and tops are golden brown. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 5 minutes, and serve with garnishes.

Nutrition Facts

PROTEIN 15.42% **FAT 56.75%** **CARBS 27.83%**

Properties

Glycemic Index:44.5, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:15.344347746476%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 302.2kcal (15.11%), Fat: 19.84g (30.52%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 15.03g (5.47%), Sugar: 5.4g (6%), Cholesterol: 87.21mg (29.07%), Sodium: 360.79mg (15.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Fiber: 6.86g (27.43%), Folate: 105.15µg (26.29%), Phosphorus: 249.2mg (24.92%), Vitamin A: 1177.43IU (23.55%), Vitamin C: 18.53mg (22.47%), Calcium: 216.59mg (21.66%), Vitamin K: 21µg (20%), Vitamin B2: 0.31mg (18.14%), Potassium: 631.25mg (18.04%), Manganese: 0.35mg (17.72%), Selenium: 11.82µg (16.89%), Vitamin B6: 0.3mg (14.95%), Magnesium: 57.6mg (14.4%), Zinc: 1.86mg (12.4%), Vitamin B1: 0.18mg (11.85%), Vitamin E: 1.73mg (11.51%), Vitamin B5: 1.13mg (11.35%), Copper: 0.21mg (10.69%), Iron: 1.57mg (8.74%), Vitamin B12: 0.48µg (8.02%), Vitamin B3: 1.54mg (7.7%), Vitamin D: 0.63µg (4.2%)