



Impossibly Easy Quesadilla Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

Ingredients

- 4 oz chilis green drained chopped well canned
- 8 ounces cheddar cheese shredded
- 1 teaspoon cilantro leaves fresh chopped
- 1.5 cups milk
- 3 eggs
- 0.8 cup frangelico

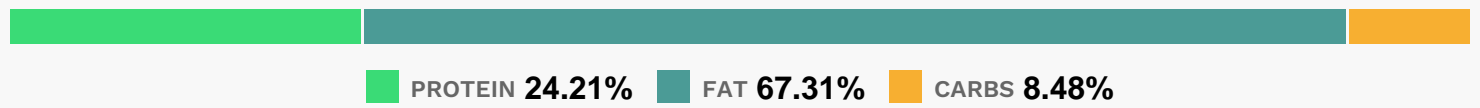
Equipment

- oven
- knife

Directions

- Heat oven to 400°F. Grease 9-inch pie plate.
- Sprinkle chilies, cheese and cilantro in pie plate.
- Stir remaining ingredients until blended.
- Pour into pie plate.
- Bake 25 to 30 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
- Serve with salsa if desired.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:9.4369565766791%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 226.25kcal (11.31%), Fat: 16.95g (26.07%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.14g (3.49%), Cholesterol: 126.96mg (42.32%), Sodium: 376.67mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.43%), Calcium: 361.41mg (36.14%), Phosphorus: 280.38mg (28.04%), Selenium: 18.67µg (26.67%), Vitamin B2: 0.36mg (21.01%), Vitamin B12: 0.93µg (15.43%), Zinc: 1.94mg (12.92%), Vitamin A: 621.31IU (12.43%), Vitamin D: 1.34µg (8.92%), Vitamin C: 6.47mg (7.84%), Vitamin B5: 0.74mg (7.37%), Folate: 28.49µg (7.12%), Vitamin B6: 0.12mg (6.17%), Magnesium: 20.93mg (5.23%), Potassium: 172.41mg (4.93%), Iron: 0.7mg (3.87%), Vitamin B1: 0.06mg (3.72%), Vitamin E: 0.55mg (3.64%), Copper: 0.03mg (1.45%), Fiber: 0.32g (1.29%), Vitamin K: 1.21µg (1.15%), Vitamin B3: 0.22mg (1.09%)