



Impossibly Easy Roasted Peppers and Feta Cheese Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices bacon crumbled cooked
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup roasted peppers red drained chopped
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 cup milk
- ☐ 1 teaspoon basil dried
- ☐ 3 eggs

☐ 0.8 cup frangelico

Equipment

☐ bowl

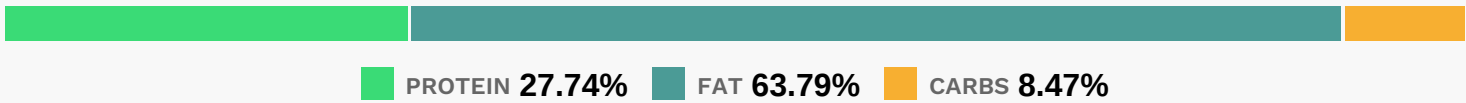
☐ oven

☐ knife

Directions

- ☐ Heat oven to 400°F. Grease pie plate, 9x1 1/4 inches.
- ☐ Mix bacon, onions and bell peppers in pie plate.
- ☐ Sprinkle with cheese. Stir remaining ingredients in medium bowl until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.92, Inflammation Score:-3, Nutrition Score:8.4860869490582%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 166.99kcal (8.35%), Fat: 11.74g (18.05%), Saturated Fat: 5.04g (31.47%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.14g (2.37%), Cholesterol: 113.68mg (37.9%), Sodium: 565.26mg (24.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Selenium: 17.57µg (25.1%), Phosphorus: 192.39mg (19.24%), Vitamin B2: 0.31mg (18.06%), Calcium: 135.65mg (13.56%), Vitamin B12: 0.8µg (13.35%), Vitamin K: 11.9µg (11.33%), Vitamin B6: 0.22mg (10.97%), Vitamin B3: 1.94mg (9.68%), Vitamin B1: 0.14mg (9.65%), Zinc: 1.34mg (8.95%), Vitamin B5: 0.8mg (7.96%), Vitamin D: 1µg (6.68%), Vitamin A: 326.58IU (6.53%), Potassium: 206.19mg (5.89%), Vitamin C: 4.4mg (5.33%), Iron: 0.89mg (4.95%), Folate: 18.77µg (4.69%), Magnesium: 17.73mg (4.43%), Copper: 0.05mg (2.71%), Vitamin E: 0.38mg (2.55%), Manganese: 0.05mg (2.51%), Fiber: 0.26g (1.06%)