



Impossibly Easy Salmon Asparagus Pie

 Gluten Free

READY IN



52 min.

SERVINGS



6

CALORIES



213 kcal

Ingredients

- 1 lb asparagus cut into 1-inch pieces (2 cups)
- 0.3 cup spring onion sliced
- 6 oz swiss cheese shredded
- 6 oz salmon flaked drained canned
- 1 cup milk
- 2 eggs
- 1.5 teaspoons basil dried fresh chopped
- 0.1 teaspoon pepper
- 0.5 cup frangelico

Equipment

- oven
- knife

Directions

- Heat oven to 400°F. Grease 9-inch pie plate.
- Sprinkle asparagus, onions, 3/4 cup of the cheese and the salmon in pie plate.
- Stir remaining ingredients until blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining cheese.
- Bake about 2 minutes longer or until cheese is melted. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:18.543478177941%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg

Nutrients (% of daily need)

Calories: 213.05kcal (10.65%), Fat: 13.02g (20.03%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4g (1.45%), Sugar: 3.53g (3.93%), Cholesterol: 109.34mg (36.45%), Sodium: 199.12mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.37%), Vitamin B12: 2.61µg (43.49%), Vitamin K: 45.02µg (42.88%), Calcium: 417.7mg (41.77%), Selenium: 26.78µg (38.26%), Phosphorus: 381.89mg (38.19%), Vitamin D: 4.85µg (32.34%), Vitamin B2: 0.38mg (22.31%), Vitamin A: 1013.96IU (20.28%), Zinc: 2.31mg (15.4%), Vitamin B3: 2.95mg (14.73%), Iron: 2.42mg (13.44%), Folate: 53.34µg (13.33%), Vitamin E: 1.61mg (10.74%), Potassium: 367.11mg (10.49%), Vitamin B1: 0.15mg (10%), Copper: 0.2mg (9.98%), Magnesium: 38.33mg (9.58%), Vitamin B5: 0.87mg (8.71%), Vitamin B6: 0.17mg (8.71%), Manganese: 0.17mg (8.59%), Fiber: 1.8g (7.2%), Vitamin C:

5.02mg (6.08%)