



WHATSheATE



Impossibly Easy Salmon Asparagus Pie

 Gluten Free

READY IN



52 min.

SERVINGS



6

CALORIES



212 kcal

Ingredients

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

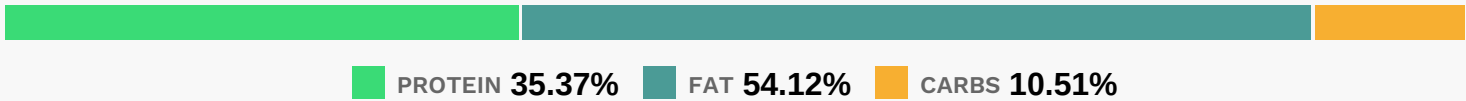
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400F. 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:18.134347791257%

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: 212.47kcal (10.62%), Fat: 13.01g (20.01%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.53g (3.92%), Cholesterol: 109.34mg (36.45%), Sodium: 198.93mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Vitamin B12: 2.61µg (43.49%), Calcium: 412.1mg (41.21%), Vitamin K: 40.73µg (38.79%), Selenium: 26.77µg (38.25%), Phosphorus: 381.2mg (38.12%), Vitamin D: 4.85µg (32.34%), Vitamin B2: 0.38mg (22.14%), Vitamin A: 1012.1IU (20.24%), Zinc: 2.29mg (15.28%), Vitamin B3: 2.93mg (14.66%), Folate: 52.56µg (13.14%), Iron: 2.2mg (12.2%), Vitamin E: 1.58mg (10.57%), Potassium: 360.54mg (10.3%), Vitamin B1: 0.15mg (9.99%), Copper: 0.19mg (9.72%), Magnesium: 36.56mg (9.14%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.17mg (8.54%), Manganese: 0.15mg (7.37%), Fiber: 1.71g (6.83%), Vitamin C: 5.02mg (6.08%)