



Impossibly Easy Seafood Pie

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



200 kcal

Ingredients

- 6 ounces crab meat frozen ready-to-serve thawed cooked drained
- 4 ounces sharp cheddar cheese shredded
- 3 ounces cream cheese cut into 1/4-inch cubes
- 0.3 cup spring onion sliced
- 2 ounces pimientos diced drained
- 1 cup milk
- 0.5 teaspoon salt
- 0.1 teaspoon nutmeg
- 2 eggs

0.5 cup frangelico

Equipment

bowl

oven

knife

Directions

Heat oven to 400°F. Grease pie plate, 9x1 1/4 inches.

Mix crabmeat, cheeses, onions and pimientos in pie plate.

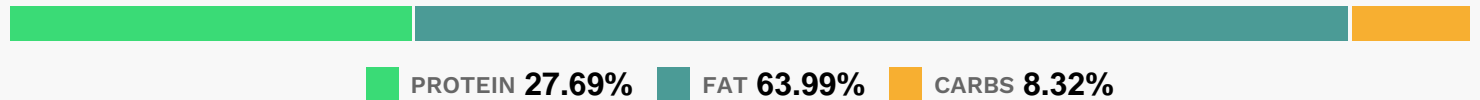
Stir remaining ingredients in bowl with fork until blended.

Pour into pie plate.

Bake uncovered 35 to 40 minutes or until golden brown and knife inserted in center comes out clean (some cream cheese may stick to knife).

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:12.018260878065%

Flavonoids

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

Nutrients (% of daily need)

Calories: 200.11kcal (10.01%), Fat: 14.23g (21.89%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.03g (3.36%), Cholesterol: 104.56mg (34.85%), Sodium: 637.46mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Vitamin B12: 3.13µg (52.22%), Selenium: 22.21µg (31.72%), Phosphorus: 237.54mg (23.75%), Calcium: 222.5mg (22.25%), Zinc: 2.85mg (18.98%), Vitamin A: 824.1IU (16.48%), Vitamin B2: 0.26mg (15.38%), Vitamin C: 12.6mg (15.27%), Copper: 0.29mg (14.54%), Vitamin K: 10.51µg (10.01%), Magnesium: 28.49mg (7.12%), Vitamin B6: 0.14mg (7.04%), Folate: 27.97µg (6.99%), Vitamin B5: 0.64mg (6.39%), Potassium: 202.26mg (5.78%), Vitamin D: 0.85µg (5.69%), Iron: 0.73mg (4.05%), Vitamin E: 0.54mg

(3.6%), Vitamin B1: 0.05mg (3.6%), Vitamin B3: 0.48mg (2.41%), Manganese: 0.04mg (1.81%), Fiber: 0.33g (1.34%)