



WHATSheATE



Impossible 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
- ☐ 3 ounces cream cheese cut into 1/4-inch cubes
- ☐ 2 eggs
- ☐ 0.3 cup spring onion sliced
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup milk
- ☐ 2 ounces pimientos diced drained
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

- ☐ 0.5 cup frangelico
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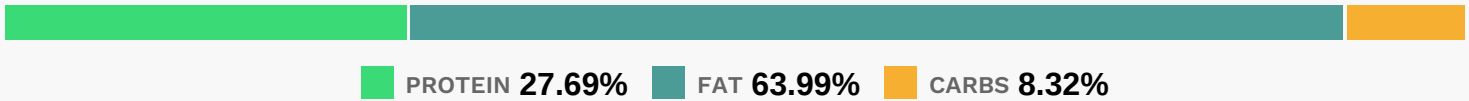
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400F. 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, 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: Og (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%)