



## Impossible Easy Shrimp Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



162 kcal

### Ingredients

- 6 oz shrimp frozen thawed cooked drained
- 0.3 cup spring onion sliced
- 0.5 teaspoon basil dried
- 4 oz swiss cheese shredded
- 1.3 cups milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3 eggs
- 0.8 cup frangelico

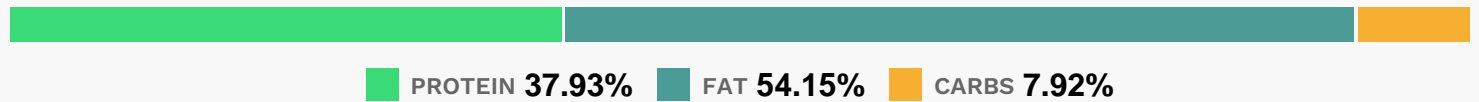
# Equipment

- bowl
- oven
- knife

# Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- Layer shrimp, onions, basil and cheese in pie plate.
- In medium bowl, stir remaining ingredients until blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until top is golden brown and knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:21.5, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:8.1491304946982%

# 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: 162.07kcal (8.1%), Fat: 9.74g (14.98%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 3.04g (1.11%), Sugar: 2.63g (2.92%), Cholesterol: 151.16mg (50.39%), Sodium: 313.79mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Calcium: 266.55mg (26.66%), Phosphorus: 265.96mg (26.6%), Selenium: 13.44µg (19.2%), Vitamin B12: 1.04µg (17.35%), Vitamin B2: 0.23mg (13.67%), Zinc: 1.72mg (11.48%), Vitamin K: 10.67µg (10.17%), Vitamin A: 400.63IU (8.01%), Copper: 0.14mg (7.13%), Vitamin D: 1µg (6.66%), Magnesium: 26.47mg (6.62%), Vitamin B5: 0.61mg (6.13%), Potassium: 209.71mg (5.99%), Vitamin B6: 0.09mg (4.28%), Iron: 0.7mg (3.91%), Folate: 14.98µg (3.75%), Vitamin B1: 0.04mg (2.79%), Vitamin E: 0.4mg (2.68%), Manganese: 0.04mg (2.22%)