



## Impossible Easy Shrimp Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



162 kcal

### Ingredients

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

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## Equipment

bowl

oven

knife

## Directions

Heat oven to 400F. 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

 **PROTEIN 37.93%** **FAT 54.15%** **CARBS 7.92%**

## 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%)