



Impossibly Easy Southwestern Pie

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



165 kcal

Ingredients

- ☐ 1.5 cups corn whole
- ☐ 8 medium spring onion chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.5 cup salsa thick
- ☐ 0.5 cup milk
- ☐ 2 eggs
- ☐ 1 serving salsa thick
- ☐ 0.5 cup frangelico

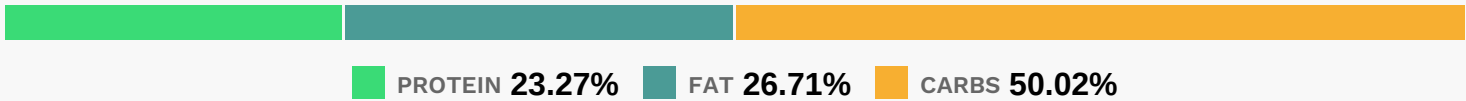
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400°F. Grease 9-inch pie plate.
- ☐ Layer corn, onions and beans in pie plate.
- ☐ Sprinkle with cheese.
- ☐ Stir Bisquick mix, milk, 1/2 cup salsa and the eggs until blended.
- ☐ Pour into pie plate.
- ☐ Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:11.487826067468%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 5.01g (7.71%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 15.22g (5.53%), Sugar: 2.55g (2.83%), Cholesterol: 63.28mg (21.09%), Sodium: 583.21mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.65%), Vitamin K: 42.79µg (40.75%), Fiber: 5.9g (23.59%), Folate: 76.2µg (19.05%), Phosphorus: 186.29mg (18.63%), Vitamin B2: 0.24mg (14.01%), Manganese: 0.25mg (12.71%), Potassium: 442.23mg (12.64%), Calcium: 125.12mg (12.51%), Iron: 2.11mg (11.7%), Selenium: 7.95µg (11.36%), Magnesium: 42.88mg (10.72%), Vitamin A: 506.88IU (10.14%), Copper: 0.19mg (9.73%), Vitamin B1: 0.14mg (9.62%), Vitamin C: 6.82mg (8.27%), Zinc: 1.12mg (7.48%), Vitamin B6: 0.14mg (7.02%), Vitamin B3: 1.17mg (5.87%), Vitamin B5: 0.53mg (5.27%), Vitamin B12: 0.31µg (5.11%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.55µg (3.7%)