



Impossibly Easy Spinach Parmesan Pie

 Gluten Free

READY IN



58 min.

SERVINGS



6

CALORIES



120 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 medium spring onion sliced
- ☐ 2 garlic clove finely chopped
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 0.5 cup curd cottage cheese
- ☐ 1 cup milk
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 3 eggs

- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup frangelico

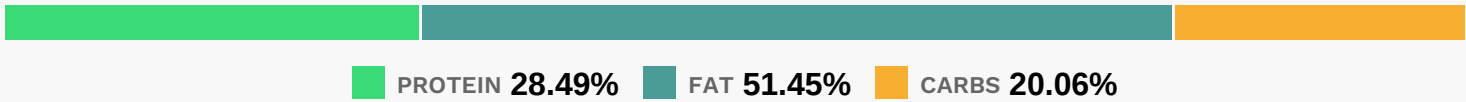
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°F. Grease 9-inch pie plate. Melt butter in 10-inch skillet over medium heat. Cook onions and garlic in butter 2 to 3 minutes or until onions are tender. Stir in spinach; spread mixture in pie plate.
- ☐ Spread with cottage cheese.
- ☐ Stir Bisquick mix, milk, lemon juice, pepper and eggs until blended.
- ☐ Pour into pie plate; sprinkle with Parmesan cheese and nutmeg.
- ☐ Bake about 35 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
- ☐ Sprinkle with additional sliced green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:18.026956594509%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 119.53kcal (5.98%), Fat: 7.05g (10.85%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.1g (3.45%), Cholesterol: 91.87mg (30.62%), Sodium: 204.34mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin K: 196.85µg (187.48%), Vitamin A: 5955.09IU (119.1%), Folate: 87.8µg (21.95%), Manganese: 0.39mg (19.44%), Selenium: 13.14µg (18.77%), Vitamin B2: 0.31mg (18.23%), Calcium: 170.2mg (17.02%), Phosphorus: 157.6mg (15.76%), Magnesium: 47.9mg (11.97%), Vitamin E: 1.78mg (11.86%), Potassium: 312.49mg (8.93%), Vitamin B12: 0.53µg (8.78%), Vitamin B6: 0.17mg (8.65%), Iron: 1.48mg (8.21%), Fiber: 1.69g (6.77%), Vitamin B5: 0.66mg (6.57%), Zinc: 0.95mg (6.31%), Vitamin C: 5.12mg (6.21%), Vitamin D: 0.92µg (6.12%), Vitamin B1: 0.09mg (5.98%), Copper: 0.1mg (5.19%), Vitamin B3: 0.38mg (1.9%)