



## Impossibly Easy Triple Cheese Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup curd cottage cheese
- 2 ounces mozzarella cheese shredded
- 2 ounces cheddar cheese shredded
- 0.5 cup bell pepper green chopped
- 1 cup milk
- 2 eggs
- 0.5 cup fried onions
- 0.5 cup frangelico

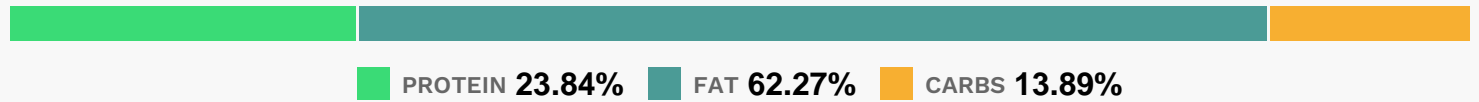
# Equipment

- oven
- knife

# Directions

- Heat oven to 400°F. Grease 9-inch pie plate. Stir together cheeses and bell pepper; spread in pie plate.
- Stir Bisquick mix, milk and eggs until blended.
- Pour into pie plate; sprinkle with onions.
- Bake about 35 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes.

# Nutrition Facts



# Properties

Glycemic Index:21.5, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:6.2682608702908%

# Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

# Nutrients (% of daily need)

Calories: 161.08kcal (8.05%), Fat: 11.06g (17.02%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.9g (3.23%), Cholesterol: 79.33mg (26.44%), Sodium: 251.7mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Calcium: 188.53mg (18.85%), Phosphorus: 177.15mg (17.72%), Selenium: 11.25µg (16.08%), Vitamin B2: 0.22mg (13.15%), Vitamin B12: 0.74µg (12.35%), Vitamin C: 9.98mg (12.1%), Vitamin A: 374.09IU (7.48%), Zinc: 1.06mg (7.1%), Vitamin D: 0.85µg (5.68%), Vitamin B5: 0.54mg (5.39%), Vitamin B6: 0.1mg (4.78%), Potassium: 135.63mg (3.88%), Magnesium: 13.72mg (3.43%), Folate: 12.88µg (3.22%), Vitamin B1: 0.05mg (3.07%), Vitamin E: 0.32mg (2.15%), Iron: 0.37mg (2.04%), Vitamin K: 1.53µg (1.46%), Copper: 0.03mg (1.42%), Manganese: 0.03mg (1.25%)