



Impossibly Easy Tuna, Tomato and Cheddar Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



175 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup onion chopped
- ☐ 5 oz tuna drained canned
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 2 eggs
- ☐ 1 medium tomatoes thinly sliced

☐ 0.5 cup frangelico

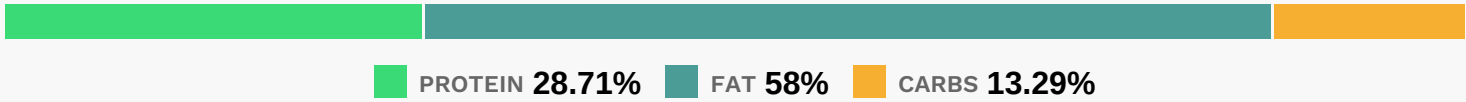
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch pie plate with cooking spray. In 10-inch skillet, melt butter over low heat.
- ☐ Add onion; cook, stirring occasionally, until tender.
- ☐ Sprinkle tuna, 1/2 cup of the cheese and the onion in pie plate.
- ☐ In medium bowl, stir remaining ingredients except tomato with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 25 to 30 minutes or until knife inserted in center comes out clean. Top with tomato slices and remaining 1/2 cup cheese.
- ☐ Bake 3 to 5 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:9.3421738666037%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 174.98kcal (8.75%), Fat: 11.29g (17.37%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.74g (4.16%), Cholesterol: 86.84mg (28.95%), Sodium: 235.73mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.15%), Selenium: 26.78µg (38.25%), Calcium: 205.17mg (20.52%), Phosphorus: 202.3mg (20.23%), Vitamin B12: 1.16µg (19.33%), Vitamin B2: 0.24mg (13.99%), Vitamin B3: 2.56mg (12.8%), Vitamin A: 602.91IU (12.06%), Vitamin B6: 0.19mg (9.36%), Zinc: 1.29mg (8.57%), Vitamin D: 1.14µg (7.58%), Potassium: 226.42mg (6.47%), Vitamin C: 4.79mg (5.8%), Magnesium: 22.24mg (5.56%), Vitamin B5: 0.54mg (5.43%), Folate: 19.98µg (4.99%), Iron: 0.8mg (4.43%), Vitamin B1: 0.06mg (4.09%), Vitamin E: 0.58mg (3.89%), Manganese: 0.08mg (3.76%), Fiber: 0.71g (2.84%), Copper: 0.05mg (2.58%), Vitamin K: 2.46µg (2.34%)