



Impossibly Easy Vegetable Pie

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



136 kcal

Ingredients

- 2 cups cauliflower florets fresh sliced chopped
- 2 eggs
- 0.3 cup bell pepper green chopped
- 1 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.5 cup frangelico

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Equipment

sauce pan

oven

knife

Directions

Heat oven to 400F. Grease 9-inch pie plate.

Heat 1 inch salted water to boiling in medium saucepan.

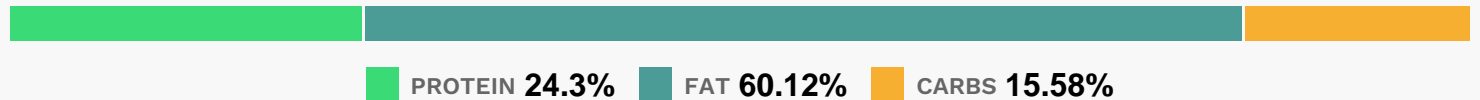
Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly. Stir together cooked broccoli, onion, bell pepper and cheese in pie plate.

Stir remaining ingredients until blended.

Pour into pie plate.

Bake 35 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:8.1065217360206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 136.24kcal (6.81%), Fat: 9.24g (14.22%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.29g (3.65%), Cholesterol: 78.34mg (26.11%), Sodium: 364.29mg (15.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin C: 23.38mg (28.34%), Calcium: 202.55mg (20.25%), Phosphorus: 175.71mg (17.57%), Selenium: 10.87µg (15.53%), Vitamin B2: 0.23mg (13.61%), Vitamin B12:

0.55µg (9.17%), Folate: 32.39µg (8.1%), Zinc: 1.17mg (7.78%), Vitamin B6: 0.15mg (7.68%), Vitamin A: 365.72IU (7.31%), Vitamin B5: 0.7mg (6.97%), Potassium: 224.07mg (6.4%), Vitamin K: 6.57µg (6.26%), Vitamin D: 0.85µg (5.69%), Magnesium: 18.61mg (4.65%), Manganese: 0.09mg (4.6%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.98g (3.92%), Iron: 0.48mg (2.69%), Vitamin E: 0.38mg (2.51%), Copper: 0.04mg (2.02%), Vitamin B3: 0.28mg (1.42%)