



Impossibly Easy Zucchini Pie

READY IN



60 min.

SERVINGS



6

CALORIES



125 kcal

Ingredients

- 1 cup zucchini chopped
- 1 cup tomatoes chopped
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated
- 0.7 cup baking mix bisquick heart smart®
- 0.8 cup skim milk fat-free (skim)
- 2 eggs fat-free
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

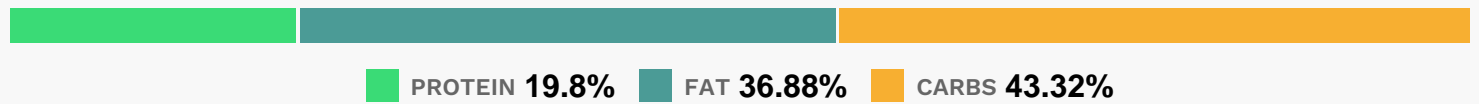
Equipment

- oven
- knife

Directions

- Heat oven to 400°F. Lightly grease bottom and side of pie plate, 9x1 1/4 inches.
- Sprinkle zucchini, tomato, onion and cheese evenly in pie plate.
- Stir together remaining ingredients with fork until blended.
- Pour evenly into pie plate.
- Bake about 35 minutes or until knife inserted in center comes out clean. Cool at least 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:7.0839131189429%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 125.37kcal (6.27%), Fat: 5.16g (7.94%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.61g (4.58%), Sugar: 4.89g (5.44%), Cholesterol: 60.58mg (20.19%), Sodium: 497.97mg (21.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Phosphorus: 192.84mg (19.28%), Calcium: 130.96mg (13.1%), Vitamin B2: 0.21mg (12.5%), Selenium: 8.17µg (11.67%), Vitamin C: 8.13mg (9.85%), Folate: 35.74µg (8.93%), Vitamin A: 439.18IU (8.78%), Vitamin B1: 0.13mg (8.39%), Manganese: 0.15mg (7.41%), Vitamin B12: 0.44µg (7.25%), Potassium: 236.75mg (6.76%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.78mg (5.2%), Magnesium: 18.65mg (4.66%), Iron: 0.83mg (4.62%), Vitamin B3: 0.91mg (4.57%), Vitamin D: 0.66µg (4.39%), Fiber: 1.03g (4.13%), Vitamin K: 4.05µg (3.85%), Copper: 0.07mg (3.3%), Vitamin E: 0.36mg (2.41%)