



Pepperoni Pie Hors D'oeuvres

READY IN



45 min.

SERVINGS



8

CALORIES



521 kcal

Ingredients

- 2 large eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon parsley fresh chopped
- 8 servings tomatoes
- 2 cups milk
- 1 pound muenster cheese cubed
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 8 ounce pepperoni sliced chopped

Equipment

- bowl
- oven
- baking pan

Directions

- Combine first 8 ingredients in a bowl; pour into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 30 minutes; cool slightly, and cut into squares.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:16.4, Inflammation Score:-8, Nutrition Score:20.812608532284%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Nutrients (% of daily need)

Calories: 521.21kcal (26.06%), Fat: 33.88g (52.12%), Saturated Fat: 17.46g (109.14%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 25.89g (9.41%), Sugar: 8.05g (8.94%), Cholesterol: 135.75mg (45.25%), Sodium: 1426.09mg (62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.39%), Calcium: 516.89mg (51.69%), Phosphorus: 455.18mg (45.52%), Selenium: 30.13µg (43.04%), Vitamin B2: 0.59mg (34.81%), Vitamin B12: 1.64µg (27.38%), Vitamin A: 1273.27IU (25.47%), Manganese: 0.48mg (24.21%), Vitamin B1: 0.34mg (22.47%), Zinc: 3.13mg (20.89%), Vitamin B3: 4.15mg (20.75%), Potassium: 653.73mg (18.68%), Iron: 3.14mg (17.47%), Folate: 68.32µg (17.08%), Vitamin B6: 0.32mg (16.23%), Vitamin E: 2.4mg (16.02%), Vitamin B5: 1.35mg (13.45%), Magnesium: 53.21mg (13.3%), Copper: 0.23mg (11.46%), Vitamin D: 1.63µg (10.86%), Vitamin C: 8.58mg (10.4%), Fiber: 2.54g (10.16%), Vitamin K: 7.71µg (7.35%)