



Refrigerator Pie

READY IN



75 min.

SERVINGS



10

CALORIES



688 kcal

Ingredients

- ☐ 10 servings bacon
- ☐ 2 eggs
- ☐ 1 cup heavy cream
- ☐ 2 pinches kosher salt
- ☐ 10 servings nutmeg freshly grated
- ☐ 1 9-inch pie crust frozen
- ☐ 10 servings port salut and spam
- ☐ 10 servings roasted chicken
- ☐ 10 servings blanched asparagus and salmon smoked
- ☐ 10 servings pkt spinach canned cooked

☐ 10 servings pkt spinach cubed cooked

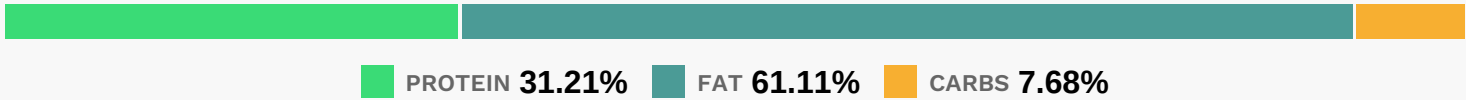
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ In a nonreactive, stainless steel bowl, combine the cream or half-and-half and the eggs.
- ☐ Whisk until combined thoroughly.
- ☐ Add the salt and the nutmeg.
- ☐ Whisk to combine.
- ☐ Heat oven to 350 degrees F. Evenly distribute the pie fillings in the pie crust. Do not overfill the crust with the filling ingredients. Do not pour too much royale into the crust. The eggs will expand upon cooking.
- ☐ Bake the pie until it is firm to the touch like set Jell-O, about 45 minutes. Cool the pie for at least 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:33.763477729714%

Flavonoids

Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 687.51kcal (34.38%), Fat: 46.07g (70.87%), Saturated Fat: 21g (131.26%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 11.97g (4.35%), Sugar: 1.97g (2.18%), Cholesterol: 216.13mg (72.04%), Sodium: 668.61mg (29.07%), Alcohol: 0.15g (100%), Alcohol %: 0.07% (100%), Protein: 52.94g (105.88%), Selenium: 79.54µg (113.63%), Vitamin B12: 6.32µg (105.34%), Vitamin B6: 1.48mg (73.77%), Phosphorus: 712.44mg (71.24%), Vitamin B3: 14.09mg (70.45%), Vitamin B2: 0.99mg (58.07%), Calcium: 564.84mg (56.48%), Vitamin B5: 3.42mg (34.19%), Vitamin B1: 0.49mg (32.44%), Potassium: 976.79mg (27.91%), Copper: 0.5mg (25.19%), Zinc: 3.68mg (24.56%), Vitamin A: 1061.36IU (21.23%), Magnesium: 79.61mg (19.9%), Folate: 73.09µg (18.27%), Iron: 2.31mg (12.84%), Manganese: 0.2mg (10.21%), Vitamin D: 0.92µg (6.11%), Vitamin E: 0.71mg (4.75%), Fiber: 1.05g (4.22%), Vitamin K: 4.21µg (4.01%)