






 3%
HEALTH SCORE

Zucchini Tomato Pie

READY IN

45 min.

SERVINGS

6

CALORIES

212 kcal

Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 3 eggs
- 0.3 teaspoon pepper black
- 0.5 cup milk
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 1 cup tomatoes chopped
- 2 cups zucchini chopped

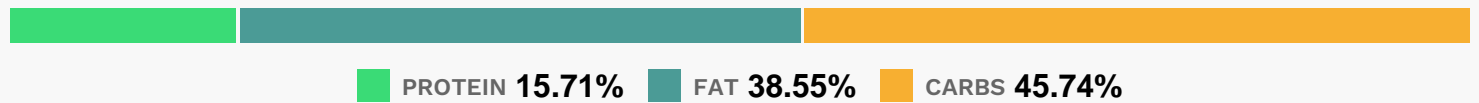
Equipment

- bowl
- oven
- knife
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 10 inch pie pan.
- Combine zucchini, tomato, onion, and Parmesan cheese in prepared pie pan. In a small bowl, combine biscuit mix, milk, eggs, and salt and pepper. Beat until smooth, then pour over vegetable mixture.
- Bake in preheated oven for 30 minutes, or until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:10.373912946038%

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: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 212.49kcal (10.62%), Fat: 9.12g (14.03%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22.75g (8.27%), Sugar: 6.81g (7.57%), Cholesterol: 89.71mg (29.9%), Sodium: 717.88mg (31.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Phosphorus: 300.48mg (30.05%), Vitamin B2: 0.33mg (19.19%), Selenium: 11.49µg (16.41%), Folate: 64.37µg (16.09%), Calcium: 152.79mg (15.28%), Vitamin B1: 0.23mg (15.21%), Vitamin C: 11.88mg (14.4%), Manganese: 0.24mg (12.17%), Vitamin A: 491.25IU (9.82%), Vitamin B6: 0.18mg (9.03%), Vitamin B3: 1.76mg (8.78%), Potassium: 307.33mg (8.78%), Iron: 1.5mg (8.33%), Vitamin B12: 0.5µg (8.29%), Vitamin B5: 0.82mg (8.2%), Zinc: 0.99mg (6.58%), Magnesium: 26.18mg (6.54%), Fiber: 1.59g (6.36%),

Vitamin K: 6.1µg (5.81%), Copper: 0.11mg (5.37%), Vitamin D: 0.69µg (4.61%), Vitamin E: 0.5mg (3.3%)