



Cheese and Onion Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



84 kcal

Ingredients

- 1 eggs beaten
- 2 onion chopped
- 16 inch puff pastry shells prepared
- 10 servings salt and pepper to taste
- 1 cup sharp cheddar cheese shredded

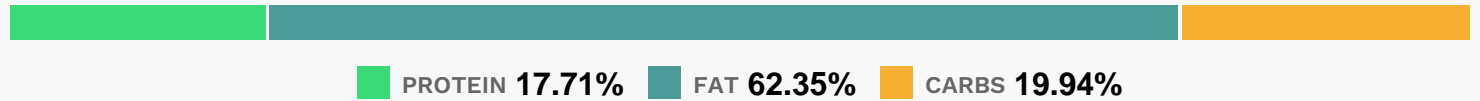
Equipment

- frying pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cook onions in salted boiling water for 5 minutes.
- Drain well and stir in cheese.
- Mix in almost all the egg and season with salt and pepper to taste.
- Pour mixture into pastry-lined pan, and place second sheet of pastry on top of filling. Seal edges and cut vents in top.
- Brush pastry with remaining egg and place in preheated oven.
- Bake 30 minutes. Can be served hot or cold.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:2.7039130459661%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 83.59kcal (4.18%), Fat: 5.83g (8.97%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.02g (1.13%), Cholesterol: 27.67mg (9.22%), Sodium: 284.94mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Calcium: 87.94mg (8.79%), Selenium: 5.64µg (8.06%), Phosphorus: 69.28mg (6.93%), Vitamin B2: 0.09mg (5.14%), Zinc: 0.53mg (3.54%), Folate: 11.79µg (2.95%), Vitamin A: 137.47IU (2.75%), Vitamin B12: 0.16µg (2.65%), Manganese: 0.05mg (2.55%), Vitamin B6: 0.04mg (2.13%), Vitamin B1: 0.03mg (2.09%), Vitamin C: 1.63mg (1.97%), Fiber: 0.44g (1.74%), Magnesium: 6.43mg (1.61%), Potassium: 49.41mg (1.41%), Vitamin B5: 0.14mg (1.41%), Iron: 0.25mg (1.37%), Vitamin E: 0.16mg (1.05%), Vitamin D: 0.16µg (1.04%), Vitamin B3: 0.2mg (1.02%), Copper: 0.02mg (1.01%)