



Corn and Bacon Pie

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

Ingredients

- ☐ 0.5 pound bacon coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 cups corn kernels frozen dry thawed
- ☐ 1 teaspoon thyme dried
- ☐ 3 large eggs
- ☐ 0.8 cup cornmeal whole
- ☐ 1 cup spring onion chopped
- ☐ 1.5 cups half and half
- ☐ 3 tablespoons water
- ☐ 1 cup bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening (diced with no trans fats), chilled
- ☐ 1.5 cups onion (sweet chopped (such as Vidalia or Maui))
- ☐ 1 cup unbleached all purpose flour
- ☐ 0.3 cup butter (unsalted chilled cut into 1/2-inch cubes ())
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

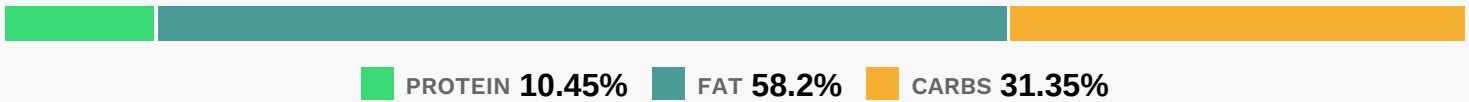
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ pie form

Directions

- ☐ Whisk first 3 ingredients in large bowl. Using back of fork, cut in butter and shortening until mixture resembles coarse meal.
- ☐ Add 3 tablespoons ice water. Toss until dough comes together in moist clumps, adding more water by teaspoonfuls if dough is dry. Shape dough into disk. Wrap; chill at least 30 minutes.
- ☐ Preheat oven to 400°F. Spray 9-inch-diameter glass pie dish with nonstick spray.
- ☐ Place large piece of parchment paper on work surface.
- ☐ Place dough in center; cover with second sheet of parchment.
- ☐ Roll out dough to 12-inch round. Peel off top parchment. Using bottom parchment as aid, turn dough over into prepared pie dish. Carefully peel off remaining parchment. Fit crust into dish, sealing any tears. Fold excess dough under and crimp edges, forming highstanding rim. DO AHEAD: Can be made 1 day ahead. Cover and chill.

- ☐ Cook bacon in large skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Pour off all but 1 1/2 tablespoons drippings.
- ☐ Add onion and pepper to skillet. Sauté until almost tender, about 8 minutes.
- ☐ Add corn; sauté until very tender, about 3 minutes longer.
- ☐ Whisk next 6 ingredients in large bowl to blend.
- ☐ Mix in green onions, then corn mixture.
- ☐ Sprinkle bacon, then cheese over bottom of crust.
- ☐ Pour in egg mixture.
- ☐ Bake pie until filling is golden and just set in center, about 55 minutes.
- ☐ Let pie cool at least 30 minutes and up to 1 hour.
- ☐ Serve slightly warm.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:6.92, Inflammation Score:-8, Nutrition Score:15.813478355822%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 465.45kcal (23.27%), Fat: 30.58g (47.04%), Saturated Fat: 12.71g (79.47%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 33.17g (12.06%), Sugar: 7.12g (7.91%), Cholesterol: 119.59mg (39.86%), Sodium: 504.65mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin C: 28.97mg (35.11%), Vitamin K: 32.9µg (31.33%), Selenium: 19.73µg (28.19%), Vitamin A: 1186.48IU (23.73%), Folate: 86.86µg (21.72%), Vitamin B2: 0.37mg (21.69%), Phosphorus: 214.89mg (21.49%), Vitamin B1: 0.32mg (21.15%), Manganese: 0.35mg (17.57%), Vitamin B6: 0.35mg (17.29%), Vitamin B3: 3.31mg (16.54%), Fiber: 3.9g (15.59%), Iron: 2.31mg (12.81%), Potassium: 390.35mg (11.15%), Magnesium: 44.31mg (11.08%), Zinc: 1.64mg (10.93%), Vitamin B5: 1.05mg

(10.54%), Vitamin E: 1.41mg (9.38%), Calcium: 86.6mg (8.66%), Copper: 0.14mg (7.01%), Vitamin B12: 0.41µg (6.78%),
Vitamin D: 0.59µg (3.97%)