

Easy Tomato Pie

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

1152 kcal

Ingredients

- ☐ 0.5 cup curd cottage cheese
- ☐ 0.5 teaspoon basil dried
- ☐ 1.5 tablespoons onion dried minced
- ☐ 0.3 teaspoon parsley dried
- ☐ 2 eggs beaten
- ☐ 5 plum tomatoes diced
- ☐ 1 teaspoon salt
- ☐ 1.3 cups swiss cheese shredded
- ☐ 9 inch unbaked pie shell
- ☐ 1 cup milk whole

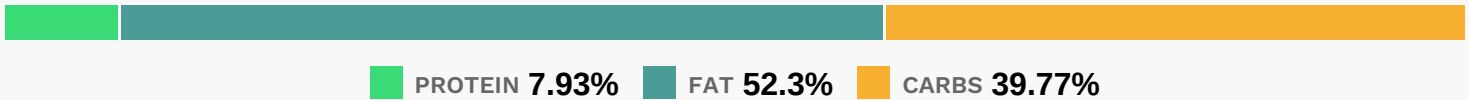
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium bowl, whisk together eggs, milk, salt, basil, parsley, onion flakes and cottage cheese.
- ☐ Spread tomatoes evenly across bottom of pastry shell, then sprinkle with Swiss cheese.
- ☐ Pour egg mixture over cheese.
- ☐ Bake in preheated oven for 45 minutes, until set in center.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:21.706956573155%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1151.86kcal (57.59%), Fat: 66.56g (102.4%), Saturated Fat: 22.58g (141.12%), Carbohydrates: 113.9g (37.97%), Net Carbohydrates: 107.7g (39.17%), Sugar: 3.23g (3.59%), Cholesterol: 62.51mg (20.83%), Sodium: 1312.9mg (57.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Manganese: 1.06mg (53.21%), Vitamin B1: 0.66mg (44.31%), Folate: 173.33µg (43.33%), Iron: 6.25mg (34.73%), Phosphorus: 344.64mg (34.46%), Selenium: 23.18µg (33.12%), Vitamin B2: 0.56mg (32.74%), Vitamin B3: 6.38mg (31.91%), Calcium: 255.41mg (25.54%), Fiber: 6.2g (24.8%), Vitamin K: 21µg (20%), Zinc: 2.16mg (14.39%), Vitamin B5: 1.39mg (13.87%), Vitamin

B12: 0.83µg (13.81%), Magnesium: 50.94mg (12.73%), Vitamin A: 592.98IU (11.86%), Potassium: 413.64mg (11.82%),
Copper: 0.22mg (10.85%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.5mg (9.97%), Vitamin C: 6.02mg (7.29%),
Vitamin D: 0.57µg (3.79%)