



Egg, Potato, and Prosciutto Pie

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



543 kcal

Ingredients

- ☐ 12 large eggs
- ☐ 1.5 tablespoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 10 ounces potato boiling
- ☐ 4 ounces pancetta thinly sliced
- ☐ 1 pound puff pastry frozen thawed

Equipment

- ☐ baking sheet
- ☐ oven

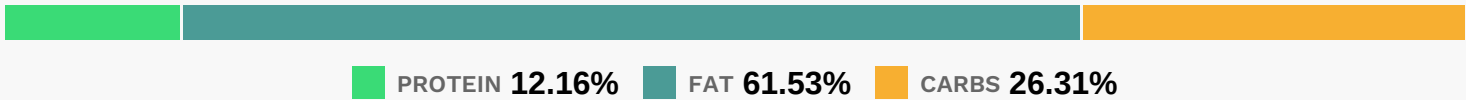
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baking pan

Directions

- ☐
- Put a baking sheet in middle of oven and preheat oven to 375°F.
- ☐
- If dough is in 1 piece, cut in half.
- ☐
- Roll out each piece into a 12-inch square on a lightly floured surface. Line a 9-inch square baking pan with 1 piece of dough, draping it slightly over sides.
- ☐
- Stir together onions, oil, and 1/4 teaspoon each of salt and pepper and spread in an even layer over dough. Top with prosciutto. Peel potato and thinly slice (about 1/8 inch thick), then arrange in one layer over prosciutto, overlapping slightly. Crack eggs on top of potatoes, gently arranging yolks so they don't touch one another. Season eggs with 1/4 teaspoon each of salt and pepper.
- ☐
- Cut several slits in remaining pastry square and lay over top of pie, then crimp edge and trim.
- ☐
- Bake until pastry is golden brown and puffed, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:14.67, Inflammation Score:-5, Nutrition Score:15.442608771117%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 542.78kcal (27.14%), Fat: 37.08g (57.04%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 33.53g (12.19%), Sugar: 2.85g (3.17%), Cholesterol: 288.36mg (96.12%), Sodium: 349.55mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.98%), Selenium: 39.97µg (57.1%), Vitamin B2: 0.54mg (31.56%), Phosphorus: 236.15mg (23.61%), Folate: 93.45µg (23.36%), Vitamin B1: 0.34mg (22.79%), Manganese: 0.4mg (20.04%), Iron: 3.18mg (17.66%), Vitamin B3: 3.44mg (17.22%), Vitamin B6: 0.29mg (14.27%), Vitamin B5: 1.38mg (13.76%), Vitamin B12: 0.74µg (12.31%), Vitamin K: 12.12µg (11.54%), Potassium:

385.82mg (11.02%), Zinc: 1.62mg (10.8%), Vitamin D: 1.56µg (10.38%), Vitamin E: 1.54mg (10.29%), Copper: 0.19mg (9.38%), Fiber: 2.13g (8.53%), Vitamin A: 414.09IU (8.28%), Magnesium: 31.57mg (7.89%), Vitamin C: 6.01mg (7.28%), Calcium: 61.15mg (6.11%)