

# German Tomato Pie

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



97 kcal

## Ingredients

- 0.5 teaspoon penzey's southwest seasoning dried italian
- 4 ounces mozzarella cheese sliced
- 2 tomatoes sliced

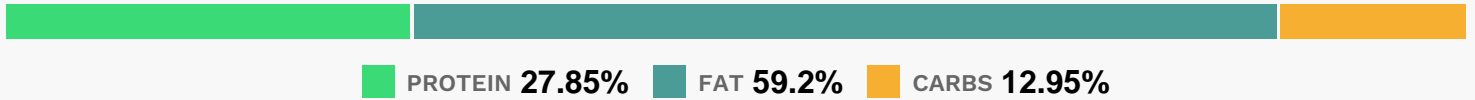
## Equipment

- oven
- pie form

## Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Arrange the tomato slices in a single layer in the bottom and up the sides of a deep dish pie pan. Arrange slices of mozzarella cheese in the center.
- Sprinkle with the Italian seasoning.
- Bake for 5 minutes in the preheated oven, or until the cheese is melted.
- Serve hot or cold.

## Nutrition Facts



### Properties

Glycemic Index:17.5, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:5.3247826617697%

### Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

### Nutrients (% of daily need)

Calories: 96.78kcal (4.84%), Fat: 6.47g (9.95%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.92g (2.13%), Cholesterol: 22.4mg (7.47%), Sodium: 180.89mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Calcium: 153.31mg (15.33%), Vitamin A: 708.19IU (14.16%), Phosphorus: 115.49mg (11.55%), Vitamin B12: 0.65µg (10.77%), Vitamin C: 8.43mg (10.22%), Selenium: 4.83µg (6.9%), Vitamin K: 7.06µg (6.73%), Zinc: 0.94mg (6.26%), Vitamin B2: 0.09mg (5.48%), Potassium: 170.45mg (4.87%), Manganese: 0.09mg (4.55%), Fiber: 0.84g (3.38%), Magnesium: 13.11mg (3.28%), Vitamin B6: 0.06mg (3.11%), Folate: 11.8µg (2.95%), Vitamin E: 0.43mg (2.88%), Iron: 0.38mg (2.13%), Vitamin B1: 0.03mg (2.11%), Copper: 0.04mg (2.05%), Vitamin B3: 0.41mg (2.03%)