

Golden Onion Pie

READY IN



300 min.

SERVINGS



8

CALORIES



391 kcal

Ingredients

- ☐ 1.5 teaspoons yeast dry
- ☐ 0.3 pounds bacon finely chopped
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk whole (105–115°F)
- ☐ 3.5 pounds onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cream sour
- ☐ 0.3 teaspoon sugar

☐ 0.5 stick butter unsalted

Equipment

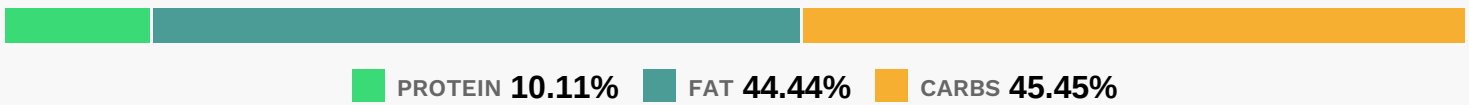
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ kitchen towels
- ☐ springform pan
- ☐ rolling pin

Directions

- ☐ Stir together yeast, milk, and sugar in bowl of a stand mixer fitted with paddle attachment (or in a bowl to mix by hand) and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Add flour, salt, egg, and butter and mix at low speed (or stir) until a dough forms. Increase speed to medium-high and beat 3 minutes (or knead by hand 5 minutes).
- ☐ Sprinkle dough lightly with flour and cover bowl with a kitchen towel (not terry cloth).
- ☐ Let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Cook onions and bacon in butter with 1 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet, covered, over medium-high heat, stirring occasionally, until onions are softened, about 20 minutes.
- ☐ Remove lid and cook, stirring occasionally, until onions are golden, 20 to 30 minutes. Cool onions.
- ☐ Whisk together sour cream and yolks, then stir into onions.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12-inch round. Fit dough into springform pan (stretching slightly if necessary to hang over edge) and spread filling evenly in it. Fold edges of dough over filling, leaving some filling exposed in center.

- ☐ Let pie stand 20 minutes at room temperature.
- ☐ Bake until crust is golden-brown and filling is bubbling, about 1 1/4 hours. Cool slightly before serving.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ •Dough can be allowed to rise slowly, in bowl covered with plastic wrap, in refrigerator 8 to 12 hours. Bring to room temperature before using. •Onion mixture can be cooked 3 days ahead and chilled. Bring to room temperature before adding sour cream and yolks. •Pie can be made 1 day ahead and chilled. Reheat, uncovered, in a 350°F oven 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:21.61, Inflammation Score:-8, Nutrition Score:13.535652285037%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 40.28mg, Quercetin: 40.28mg, Quercetin: 40.28mg, Quercetin: 40.28mg

Nutrients (% of daily need)

Calories: 390.9kcal (19.55%), Fat: 19.53g (30.04%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 40.56g (14.75%), Sugar: 10.14g (11.27%), Cholesterol: 111.87mg (37.29%), Sodium: 272.51mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Vitamin B1: 0.46mg (30.78%), Folate: 119.62µg (29.91%), Selenium: 20.11µg (28.73%), Manganese: 0.48mg (24.04%), Vitamin B2: 0.36mg (21.09%), Vitamin C: 14.95mg (18.12%), Phosphorus: 178.19mg (17.82%), Fiber: 4.37g (17.5%), Vitamin B6: 0.34mg (17.1%), Vitamin B3: 2.93mg (14.63%), Iron: 2.19mg (12.14%), Potassium: 422.98mg (12.09%), Calcium: 103.53mg (10.35%), Vitamin A: 476.32IU (9.53%), Vitamin B5: 0.9mg (9.04%), Magnesium: 33.94mg (8.48%), Zinc: 1.09mg (7.28%), Copper: 0.15mg (7.26%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.63µg (4.19%), Vitamin E: 0.57mg (3.82%), Vitamin K: 1.89µg (1.8%)