

Green Tomato Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups tomatoes green sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup sugar white

Equipment

- ☐ oven

Directions

- ☐ Mix sugar, flour, cinnamon, and nutmeg together.
- ☐ Sprinkle over sliced tomatoes, coating them.
- ☐ Pour into pastry lined dish. Dot with butter or margarine. Cover with second crust, fluting edges.
- ☐ Cut three or four slits in top to allow steam to escape.
- ☐ Bake at 375 degree F (190 degrees C) for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:2.4869565077774%

Nutrients (% of daily need)

Calories: 126.94kcal (6.35%), Fat: 1.65g (2.55%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 28.15g (10.24%), Sugar: 26.79g (29.77%), Cholesterol: 3.76mg (1.25%), Sodium: 17.42mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 10.54mg (12.77%), Vitamin A: 333.13IU (6.66%), Vitamin K: 4.71µg (4.49%), Manganese: 0.08mg (4.21%), Vitamin B1: 0.04mg (2.82%), Potassium: 95.7mg (2.73%), Fiber: 0.64g (2.55%), Vitamin B5: 0.24mg (2.36%), Copper: 0.05mg (2.33%), Vitamin B2: 0.03mg (1.93%), Iron: 0.34mg (1.91%), Folate: 7.64µg (1.91%), Vitamin B6: 0.04mg (1.89%), Vitamin B3: 0.34mg (1.7%), Phosphorus: 15.39mg (1.54%), Vitamin E: 0.22mg (1.44%), Selenium: 0.99µg (1.41%), Magnesium: 5.25mg (1.31%)