

Green Tomato Pie III

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



143 kcal

DESSERT

Ingredients

- 2 tablespoons cider vinegar
- 0.3 cup flour all-purpose
- 5 tomatoes green chopped
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 1.5 cups sugar white

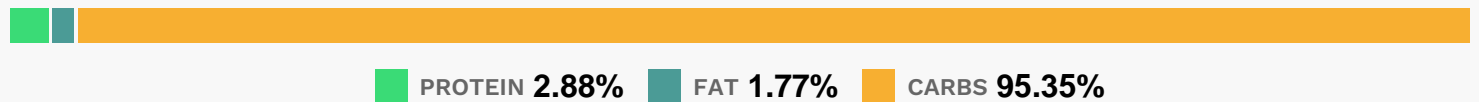
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place diced green tomatoes and vinegar in a large bowl.
- In a medium bowl, mix together sugar, cinnamon, cloves, nutmeg, salt and flour.
- Sprinkle over tomatoes and toss to coat evenly.
- Pour into pie crust and cover with criss-cross lattice crust.
- Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes, until bubbly and crust is brown.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:22.7, Inflammation Score:-3, Nutrition Score:3.4882608237474%

Nutrients (% of daily need)

Calories: 142.81kcal (7.14%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 34.77g (12.64%), Sugar: 32.45g (36.06%), Cholesterol: 0mg (0%), Sodium: 124.96mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 14.4mg (17.46%), Manganese: 0.16mg (7.98%), Vitamin A: 395.6IU (7.91%), Vitamin K: 6.35µg (6.05%), Vitamin B1: 0.06mg (4.13%), Potassium: 133.34mg (3.81%), Fiber: 0.9g (3.62%), Vitamin B5: 0.32mg (3.22%), Copper: 0.06mg (3.21%), Folate: 11.35µg (2.84%), Iron: 0.51mg (2.81%), Vitamin B2: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.5mg (2.48%), Selenium: 1.5µg (2.14%), Phosphorus: 21.23mg (2.12%), Magnesium: 7.42mg (1.86%), Vitamin E: 0.24mg (1.63%), Calcium: 11.55mg (1.15%)