

Ham and Onion Pie

READY IN



45 min.

SERVINGS



10

CALORIES



487 kcal

Ingredients

- 3 baking potatoes thinly sliced
- 0.3 cup butter
- 1.5 cups seasoning cubes diced
- 2 eggs
- 2 cups flour all-purpose
- 1 clove garlic minced
- 0.1 teaspoon pepper black
- 4 tablespoons water
- 3 cups jarlsberg cheese shredded
- 0.3 cup cream light

- 2 onion thinly sliced
- 0.5 teaspoon salt
- 1 teaspoon salt
- 0.7 cup shortening

Equipment

- bowl
- oven
- plastic wrap

Directions

- In a large bowl, combine flour and salt.
- Cut in shortening until mixture resembles coarse meal. Gradually add water. Blend with fork until mixture forms a ball and leaves the sides of the bowl.
- Roll out half of the pastry on a lightly floured board to fit a deep dish 9 inch pie plate. Cover and refrigerate. Wrap remaining pastry in plastic wrap. Refrigerate.
- Saute the ham, onion, garlic, salt, and pepper in 2 tablespoons butter or margarine until tender. Cool to room temperature.
- Saute potatoes in remaining 2 tablespoons butter or margarine until crisp and tender. Season to taste with salt and pepper.
- Layer half of the cheese, ham mixture, and potatoes into the prepared crust. Repeat. Blend eggs and cream, and pour two-thirds over potatoes.
- Roll out remaining pastry on a lightly floured board to cover pie.
- Brush rim of crust with the egg and cream mixture. Top with second half of pastry. Trim and pinch edges to seal. Flute.
- Brush the top with remaining egg mixture, and trim with the pastry trimmings.
- Bake at 350 degrees F (175 degrees C) for 45 minutes, or until pie is golden.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:23.37, Inflammation Score:-5, Nutrition Score:9.8369565632032%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 487.48kcal (24.37%), Fat: 32.18g (49.51%), Saturated Fat: 14.27g (89.18%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 31.51g (11.46%), Sugar: 1.75g (1.94%), Cholesterol: 87.16mg (29.05%), Sodium: 846.83mg (36.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.14%), Calcium: 272.14mg (27.21%), Vitamin B1: 0.27mg (17.86%), Selenium: 11.68µg (16.69%), Folate: 63.51µg (15.88%), Manganese: 0.31mg (15.54%), Vitamin B6: 0.28mg (13.96%), Vitamin B2: 0.2mg (11.94%), Iron: 2.04mg (11.35%), Vitamin B3: 2.18mg (10.89%), Vitamin A: 513.42IU (10.27%), Potassium: 348.17mg (9.95%), Phosphorus: 92.67mg (9.27%), Vitamin K: 9.27µg (8.83%), Vitamin E: 1.16mg (7.72%), Fiber: 1.89g (7.57%), Vitamin C: 5.41mg (6.56%), Magnesium: 24.31mg (6.08%), Copper: 0.12mg (5.99%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.54mg (3.61%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.49%)