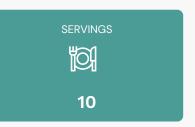


Ham and Onion Pie







Ingredients

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

3 baking potatoes thinly sliced

	2 onion thinly sliced
	0.5 teaspoon salt
	1 teaspoon salt
	0.7 cup shortening
-	
Eq	uipment
	bowl
	oven
	plastic wrap
Diı	rections
	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. Seaso 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 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: Og (100%), Alcohol %: O% (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%)