



Hearty Tomato Pie

READY IN



59 min.

SERVINGS



6

CALORIES



494 kcal

Ingredients

- 0.3 teaspoon pepper black
- 1 cup cannellini beans canned rinsed drained
- 6 ounces mozzarella fresh sliced into 1/4-inch-thick rounds
- 1 teaspoon rosemary leaves fresh divided chopped
- 0.5 teaspoon garlic powder
- 2 teaspoons olive oil
- 0.3 teaspoon onion salt
- 0.3 cup parmesan cheese divided grated
- 1 pound plum tomatoes sliced
- 15 ounce pie crust dough refrigerated (such as Pillsbury)

- 1 onion white halved thinly sliced

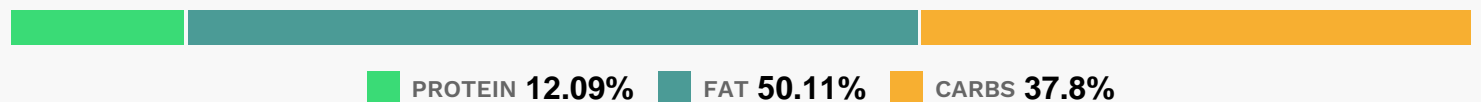
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400
- Heat oil in a large nonstick skillet over medium-high heat; add onion. Reduce heat to medium, and cook 18 to 20 minutes or until onions are golden brown, stirring often.
- Remove from heat.
- Unroll pie dough onto an ungreased baking sheet; sprinkle dough with 2 tablespoons Parmesan cheese and 1/2 teaspoon rosemary, leaving a 1-inch border. Spoon onion and beans over dough. Arrange tomato slices over beans; top with mozzarella rounds.
- Sprinkle with remaining 2 tablespoons Parmesan cheese, remaining 1/2 teaspoon rosemary, garlic powder, onion salt, and pepper.
- Gently fold edges of dough toward center, crimping dough occasionally to seal (dough will not cover tomato mixture).
- Bake at 400 for 25 to 30 minutes or until crust is golden and cheese melts (filling may leak slightly during cooking).
- Let stand 10 minutes before cutting into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:2.85, Inflammation Score:-7, Nutrition Score:13.748260897139%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg
Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.16mg, Quercetin: 4.16mg,
Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 494.28kcal (24.71%), Fat: 27.57g (42.42%), Saturated Fat: 10.39g (64.97%), Carbohydrates: 46.81g (15.6%),
Net Carbohydrates: 42.34g (15.4%), Sugar: 3.15g (3.5%), Cholesterol: 26.02mg (8.67%), Sodium: 643.64mg
(27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Manganese: 0.6mg (30.11%),
Phosphorus: 229.59mg (22.96%), Calcium: 227.71mg (22.77%), Folate: 86.21µg (21.55%), Vitamin B1: 0.27mg
(18.05%), Fiber: 4.47g (17.87%), Iron: 3.15mg (17.51%), Vitamin A: 859.44IU (17.19%), Selenium: 10.95µg (15.64%),
Vitamin B2: 0.25mg (14.47%), Vitamin C: 11.72mg (14.21%), Vitamin K: 13.75µg (13.09%), Potassium: 443.57mg
(12.67%), Vitamin B3: 2.45mg (12.27%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.7µg (11.71%), Magnesium: 43.48mg
(10.87%), Copper: 0.18mg (9.07%), Vitamin E: 1.24mg (8.29%), Vitamin B6: 0.16mg (7.93%), Vitamin B5: 0.49mg
(4.89%)