



Old-fashioned Tomato Pie

READY IN



205 min.

SERVINGS



8

CALORIES



435 kcal

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup herbs fresh assorted chopped (such as chives, parsley, and basil)
- ☐ 0.5 cup gruyère cheese freshly grated
- ☐ 2.3 pounds heirloom tomatoes assorted thinly sliced
- ☐ 3 Tbsp ice-cold water
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup parmigiano-reggiano cheese freshly grated
- ☐ 1.3 teaspoons pepper divided freshly ground

- ☐ 8 servings piecrust
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 onion sweet chopped
- ☐ 4 tablespoons butter unsalted cold cut into pieces
- ☐ 0.3 cup vegetable shortening cold cut into pieces

Equipment

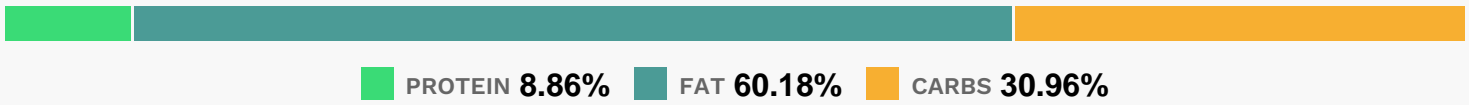
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Prepare Piecrust: Process first 4 ingredients in a food processor until mixture resembles coarse meal. With processor running, gradually add 3 Tbsp. ice-cold water, 1 Tbsp. at a time, and process until dough forms a ball and leaves sides of bowl, adding up to 1 Tbsp. more water, if necessary. Shape dough into a disk, and wrap in plastic wrap. Chill 30 minutes.
- ☐ Unwrap dough, and place on a lightly floured surface; sprinkle lightly with flour.
- ☐ Roll dough to 1/8-inch thickness.
- ☐ Preheat oven to 42
- ☐ Press dough into a 9-inch pie plate. Trim dough 1 inch larger than diameter of pie plate; fold overhanging dough under itself along rim of pie plate. Chill 30 minutes or until firm.
- ☐ Line piecrust with aluminum foil; fill with pie weights or dried beans. (This will keep the crust from bubbling up.)
- ☐ Place on an aluminum foil-lined baking sheet.

- ☐ Bake at 425 for 20 minutes.
- ☐ Remove weights and foil.
- ☐ Bake 5 minutes or until browned. Cool completely on baking sheet on a wire rack (about 30 minutes). Reduce oven temperature to 35
- ☐ Place tomatoes in a single layer on paper towels; sprinkle with 1 tsp. salt.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, saut onion and 1/4 tsp. each salt and pepper in hot oil in a skillet over medium heat 3 minutes or until onion is tender.
- ☐ Pat tomatoes dry with a paper towel.
- ☐ Layer tomatoes, onion, and herbs in prepared crust, seasoning each layer with pepper (1 tsp. total). Stir together cheeses and mayonnaise; spread over pie.
- ☐ Bake at 350 for 30 minutes or until lightly browned, shielding edges with foil to prevent excessive browning.
- ☐ Serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:12.24, Inflammation Score:-9, Nutrition Score:16.780434634375%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 435.01kcal (21.75%), Fat: 29.41g (45.24%), Saturated Fat: 10.54g (65.87%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 30.87g (11.23%), Sugar: 5.64g (6.27%), Cholesterol: 31.32mg (10.44%), Sodium: 812.64mg (35.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.49%), Vitamin K: 90.71µg (86.39%), Vitamin A: 1687.42IU (33.75%), Vitamin C: 24.45mg (29.64%), Manganese: 0.45mg (22.73%), Folate: 86.85µg (21.71%), Calcium: 194.67mg (19.47%), Vitamin B1: 0.29mg (19.28%), Phosphorus: 177.29mg (17.73%),

Selenium: 10.89µg (15.56%), Vitamin E: 1.97mg (13.11%), Vitamin B3: 2.62mg (13.11%), Vitamin B2: 0.22mg (12.76%),
Fiber: 3.16g (12.66%), Iron: 2.26mg (12.58%), Potassium: 433.64mg (12.39%), Vitamin B6: 0.19mg (9.63%),
Magnesium: 33.65mg (8.41%), Copper: 0.16mg (8.03%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.48mg (4.83%), Vitamin
B12: 0.23µg (3.79%), Vitamin D: 0.2µg (1.33%)