



## Olive, Anchovy and Onion Pie

READY IN



40 min.

SERVINGS



6

CALORIES



286 kcal

### Ingredients

- 8 fillet anchovy chopped
- 0.3 cup butter softened
- 1 cup flour all-purpose
- 5 basil leaves fresh chopped
- 6 mushrooms fresh chopped
- 4 ounces goat cheese
- 8 olives green pitted chopped
- 3 tablespoons olive oil
- 1 onion red chopped
- 0.3 teaspoon salt

- 6 servings salt and pepper to taste
- 1 tomatoes chopped
- 2 tablespoons water

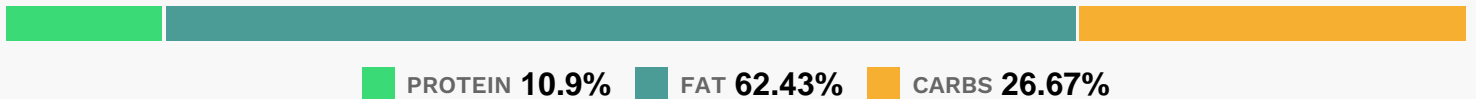
## Equipment

- bowl
- oven

## Directions

- In a medium bowl, stir together the flour, salt and basil leaves.
- Mix in the butter, olive oil and water until it becomes a smooth dough. Cover and refrigerate for 20 minutes.
- Preheat the oven to 350 degrees F (175 degrees C). Butter an 8 inch pie plate. Press the dough into the bottom and up the sides of the dish until it is about 1/4 inch or 1/2 centimeter thick.
- Bake for about 8 minutes in the preheated oven, until just starting to brown.
- Make a layer of mushrooms and onion in the bottom of the pie crust. Top with a layer of tomatoes, olives and anchovies. Dot with goat cheese.
- Return to the preheated oven, and bake for 10 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:48.67, Glycemic Load:12.24, Inflammation Score:-6, Nutrition Score:8.5860870195472%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 285.64kcal (14.28%), Fat: 20.06g (30.87%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.78g (6.46%), Sugar: 1.97g (2.19%), Cholesterol: 32.23mg (10.74%), Sodium: 513.38mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Selenium: 11.63µg (16.62%), Vitamin B2: 0.28mg (16.56%), Vitamin B3: 2.94mg (14.72%), Vitamin B1: 0.21mg (14.24%), Copper: 0.27mg (13.56%), Folate: 51.5µg (12.88%), Vitamin A: 643.94IU (12.88%), Manganese: 0.23mg (11.29%), Phosphorus: 110.27mg (11.03%), Vitamin E: 1.63mg (10.84%), Iron: 1.77mg (9.85%), Vitamin K: 8.43µg (8.03%), Vitamin B6: 0.13mg (6.28%), Vitamin B5: 0.61mg (6.07%), Fiber: 1.5g (6.01%), Vitamin C: 4.65mg (5.63%), Potassium: 192.21mg (5.49%), Calcium: 50.32mg (5.03%), Magnesium: 16.73mg (4.18%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.09µg (1.55%)