



Onion and Cheese Pie

READY IN



60 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups saltines crushed finely (36 squares)
- 0.3 cup butter melted
- 2 tablespoons butter
- 2 cups onion chopped
- 6 oz sharp cheddar cheese shredded
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3 eggs

1 serving tomatoes seeded sliced chopped

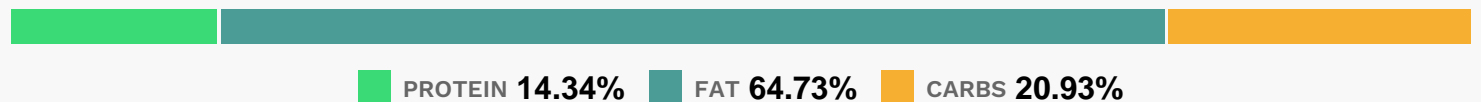
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 325°F. Spray 9-inch glass pie plate with cooking spray. In small bowl, mix cracker crumbs and 1/4 cup melted butter; press evenly in bottom and up side of pie plate.
- In 10-inch skillet, melt 2 tablespoons butter over medium-high heat. Cook onions in butter 5 to 6 minutes, stirring frequently, until light brown.
- Spread onions in crust.
- Sprinkle with cheese.
- In medium bowl, beat milk, salt, pepper and eggs with fork or wire whisk until blended; pour over cheese.
- Bake 40 to 45 minutes or until knife inserted in center comes out clean.
- Garnish with tomato and onion.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:2.02, Inflammation Score:-7, Nutrition Score:10.86130436607%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg,

Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin:
10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 355.62kcal (17.78%), Fat: 25.72g (39.57%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 18.71g (6.24%),
Net Carbohydrates: 17.37g (6.32%), Sugar: 4.59g (5.1%), Cholesterol: 115.07mg (38.36%), Sodium: 698.49mg
(30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.63%), Calcium: 282.56mg (28.26%),
Phosphorus: 248.24mg (24.82%), Selenium: 17.32µg (24.75%), Vitamin B2: 0.37mg (21.91%), Vitamin A: 976.73IU
(19.53%), Vitamin B12: 0.74µg (12.39%), Folate: 46.14µg (11.53%), Zinc: 1.68mg (11.23%), Vitamin B1: 0.17mg (11.22%),
Manganese: 0.21mg (10.65%), Vitamin B6: 0.16mg (8%), Iron: 1.37mg (7.58%), Vitamin B5: 0.75mg (7.55%), Vitamin
E: 1.08mg (7.21%), Vitamin D: 1.06µg (7.05%), Potassium: 220.64mg (6.3%), Magnesium: 24.45mg (6.11%), Vitamin
B3: 1.08mg (5.4%), Fiber: 1.34g (5.35%), Vitamin C: 4.01mg (4.87%), Vitamin K: 4.94µg (4.7%), Copper: 0.07mg
(3.4%)