



Onion and Cheese Pie

READY IN



60 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 6 servings spring onion seeded sliced chopped
- ☐ 1 cup milk
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups saltines crushed finely (36 squares)

☐ 6 oz sharp cheddar cheese shredded

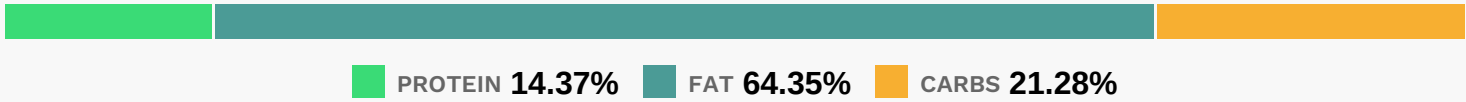
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 325F. 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:26, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:11.721739167752%

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: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.47mg, Quercetin:
11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 357.51kcal (17.88%), Fat: 25.73g (39.59%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 19.14g (6.38%),
Net Carbohydrates: 17.65g (6.42%), Sugar: 4.72g (5.25%), Cholesterol: 115.07mg (38.36%), Sodium: 699.43mg
(30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.85%), Calcium: 286.86mg (28.69%),
Phosphorus: 250.42mg (25.04%), Selenium: 17.36µg (24.8%), Vitamin B2: 0.38mg (22.19%), Vitamin A: 1035.48IU
(20.71%), Vitamin K: 17.34µg (16.52%), Folate: 49.96µg (12.49%), Vitamin B12: 0.74µg (12.39%), Vitamin B1: 0.17mg
(11.43%), Zinc: 1.71mg (11.38%), Manganese: 0.22mg (11.12%), Vitamin B6: 0.16mg (8.17%), Iron: 1.45mg (8.07%),
Vitamin B5: 0.76mg (7.58%), Vitamin E: 1.11mg (7.43%), Vitamin D: 1.06µg (7.05%), Potassium: 236.86mg (6.77%),
Magnesium: 25.63mg (6.41%), Vitamin C: 5.1mg (6.19%), Fiber: 1.49g (5.97%), Vitamin B3: 1.11mg (5.55%), Copper:
0.07mg (3.65%)