



Onion Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 15 pimiento-stuffed olives
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 5 large onions sweet thinly sliced

Equipment

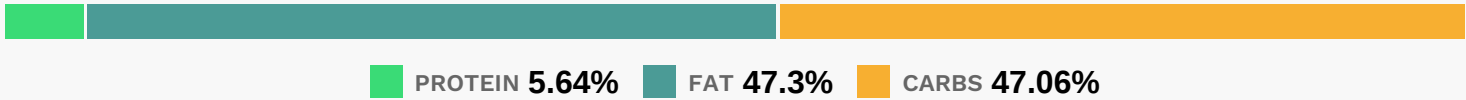
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Saut onion in hot oil in a large skillet or Dutch oven over medium-high heat for 25 minutes or until golden. Stir in salt and pepper.
- ☐ Unfold 1 piecrust, and roll to press out fold lines.
- ☐ Place on a lightly greased baking sheet; roll to a 13-inch circle.
- ☐ Spoon onion mixture onto piecrust, leaving a 1-inch border; lightly brush border with water.
- ☐ Roll remaining piecrust to press out fold lines; cut into 1/2-inch strips. Arrange in a lattice design over filling; fold edges up over lattice, pressing to seal.
- ☐ Place olives in some of lattice openings.
- ☐ Bake at 375 on lower oven rack for 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:8.3326087049816%

Flavonoids

Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 30.04mg, Quercetin: 30.04mg, Quercetin: 30.04mg, Quercetin: 30.04mg

Nutrients (% of daily need)

Calories: 351.09kcal (17.55%), Fat: 18.67g (28.73%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 38.34g (13.94%), Sugar: 10.43g (11.58%), Cholesterol: 0mg (0%), Sodium: 423.71mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Folate: 85.03µg (21.26%), Manganese: 0.4mg (20.02%), Vitamin B1: 0.23mg (15.51%), Vitamin B6: 0.3mg (14.9%), Fiber: 3.45g (13.82%), Vitamin C: 9.93mg (12.04%), Iron: 1.98mg (11.02%), Phosphorus: 94.53mg (9.45%), Vitamin B3: 1.73mg (8.64%), Potassium: 301.77mg (8.62%), Copper: 0.17mg (8.28%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 1.08mg (7.18%), Magnesium: 27.53mg (6.88%), Vitamin K: 6.82µg (6.49%), Selenium: 4.14µg (5.91%), Calcium: 55.73mg (5.57%), Vitamin B5: 0.42mg

(4.21%), Zinc: 0.51mg (3.41%)