



Onion Pie

READY IN



50 min.

SERVINGS



8

CALORIES



199 kcal

Ingredients

- 6 medium onion thinly sliced
- 2 tablespoons canola oil
- 6 large eggs
- 1 cup breadcrumbs soft
- 0.5 cup parmesan cheese grated
- 0.5 cup parsley fresh minced

Equipment

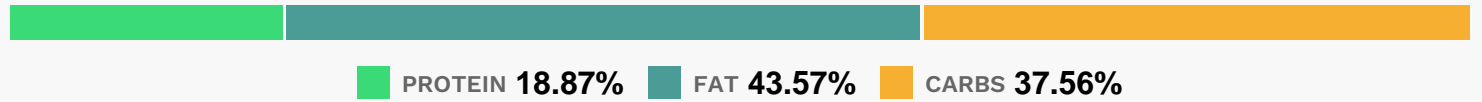
- bowl
- frying pan

- oven
- knife
- whisk

Directions

- In a large skillet, saute onions in oil until soft but not browned; drain well. In a large bowl, whisk eggs. Stir in the bread crumbs, cheese, parsley and onions.
- Place in a greased 10-in. pie plate.
- Bake at 350° until a knife inserted in the center comes out clean, 35–40 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:12.246956514276%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

Nutrients (% of daily need)

Calories: 198.55kcal (9.93%), Fat: 9.64g (14.84%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 16.57g (6.03%), Sugar: 4.51g (5.01%), Cholesterol: 144.94mg (48.31%), Sodium: 266.85mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.79%), Vitamin K: 65.44µg (62.32%), Selenium: 17.52µg (25.03%), Phosphorus: 162.25mg (16.23%), Vitamin B2: 0.27mg (16.08%), Folate: 53.82µg (13.45%), Vitamin C: 11.09mg (13.45%), Manganese: 0.25mg (12.62%), Vitamin B1: 0.19mg (12.56%), Calcium: 125.11mg (12.51%), Vitamin A: 574.11IU (11.48%), Iron: 1.74mg (9.68%), Vitamin B6: 0.19mg (9.38%), Fiber: 2.13g (8.53%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.47µg (7.76%), Zinc: 1.13mg (7.54%), Vitamin E: 1.09mg (7.29%), Potassium: 230.93mg (6.6%), Magnesium: 22.62mg (5.65%), Vitamin B3: 1.07mg (5.37%), Vitamin D: 0.78µg (5.21%), Copper: 0.1mg (5.08%)