



Parmesan Tomato Pie

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

Ingredients

- 0.5 cup dijon mustard
- 3 tablespoons flour all-purpose
- 0.5 cup basil fresh chopped
- 0.5 teaspoon ground pepper black
- 0.3 cup mayonnaise
- 1 cup parmesan cheese divided grated
- 0.5 teaspoon salt
- 1 onion sweet minced vidalia® (such as)
- 2 large tomatoes seeded sliced

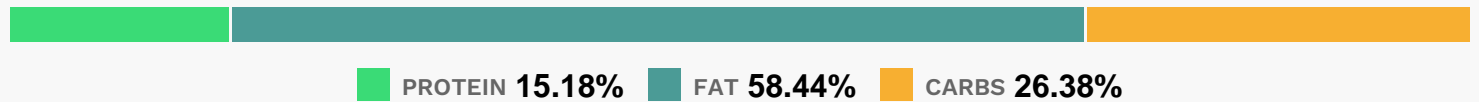
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Press pie crust pastry into a 9-inch pie pan; sprinkle with 1/2 cup Parmesan cheese. Dip tomato slices in flour, coating both sides. Arrange a layer of coated tomato slices atop the Parmesan cheese. Top with half the onion, half the basil, half the salt, and half the black pepper. Repeat layering with 1/2 cup Parmesan cheese and remaining tomatoes, onion, basil, salt, and black pepper, ending with 1/2 cup Parmesan cheese.
- Stir mustard and mayonnaise together in a bowl.
- Spread over Parmesan cheese layer.
- Bake in the preheated oven until cheese is melted and bubbling, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:2.82, Inflammation Score:-7, Nutrition Score:9.4595652740935%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 189.39kcal (9.47%), Fat: 12.57g (19.34%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 10.47g (3.81%), Sugar: 4.74g (5.27%), Cholesterol: 18.42mg (6.14%), Sodium: 780.61mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin K: 29.35µg (27.95%), Selenium:

14.66µg (20.95%), Calcium: 183.21mg (18.32%), Phosphorus: 164.93mg (16.49%), Vitamin A: 777.28IU (15.55%), Manganese: 0.28mg (14.14%), Vitamin C: 11.4mg (13.82%), Fiber: 2.29g (9.17%), Folate: 32.96µg (8.24%), Potassium: 285.25mg (8.15%), Vitamin B1: 0.12mg (8%), Vitamin B6: 0.15mg (7.7%), Magnesium: 29.92mg (7.48%), Zinc: 1.09mg (7.26%), Vitamin B2: 0.12mg (6.82%), Iron: 0.99mg (5.48%), Vitamin E: 0.82mg (5.48%), Copper: 0.11mg (5.3%), Vitamin B3: 0.8mg (4.02%), Vitamin B12: 0.24µg (3.94%), Vitamin B5: 0.26mg (2.63%)