



Riviera Egg Pie

READY IN



65 min.

SERVINGS



8

CALORIES



506 kcal

Ingredients

- 0.8 pound ham smoked diced
- 1 egg white lightly beaten
- 4 eggs slightly beaten
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.3 teaspoon kosher salt
- 3 tablespoons oil
- 2.5 cups onion diced
- 1.5 cups parmesan freshly grated
- 0.3 teaspoon freshly cracked pepper
- 1 cup ricotta cheese

2 9-inch unbaked pie crusts refrigerated () (a 15-ounce package)

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Heat oil in large skillet over medium-high heat.
- Add onion and saute until translucent and just golden, about 8 minutes.
- Remove from heat, transfer to a large bowl and allow to cool while preparing crust.
- Remove 1 of the prepared pie crusts from the refrigerator, and place in an ungreased, 9-inch pie plate. Shape the crust to fit the form of the pan with a 1/2-inch overlap around the edge.
- To the onion mixture, add the ham, spinach, cheeses, 4 eggs plus 1 yolk, salt, and pepper, and mix well.
- Spread mixture into prepared crust. Cover with remaining pie crust; crimp edges and score to vent.
- Brush with egg white and bake until golden brown, about 40 to 45 minutes.
- Let stand at least 15 minutes and serve warm or at room temperature.

Nutrition Facts



PROTEIN 18.92% **FAT 55.52%** **CARBS 25.56%**

Properties

Glycemic Index:14.13, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:23.271739130435%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg,

Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 505.81kcal (25.29%), Fat: 31.33g (48.2%), Saturated Fat: 11.53g (72.06%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 29.31g (10.66%), Sugar: 2.7g (3%), Cholesterol: 146.17mg (48.72%), Sodium: 1158.61mg (50.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.03%), Vitamin K: 140.24µg (133.57%), Vitamin A: 4571.34IU (91.43%), Phosphorus: 381.81mg (38.18%), Calcium: 369.33mg (36.93%), Folate: 114.22µg (28.55%), Selenium: 19.73µg (28.19%), Manganese: 0.55mg (27.71%), Vitamin B2: 0.36mg (21.45%), Iron: 3.15mg (17.53%), Vitamin E: 2.49mg (16.63%), Magnesium: 64.89mg (16.22%), Zinc: 2.36mg (15.75%), Vitamin B1: 0.22mg (14.75%), Fiber: 3.14g (12.57%), Potassium: 424.64mg (12.13%), Copper: 0.23mg (11.56%), Vitamin B6: 0.21mg (10.41%), Vitamin B12: 0.51µg (8.49%), Vitamin B3: 1.68mg (8.39%), Vitamin B5: 0.73mg (7.25%), Vitamin C: 5.65mg (6.85%), Vitamin D: 0.64µg (4.28%)