



## Roasted Vegetable-Cheese Pie

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**331 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon basil dried
- 2 large egg whites lightly beaten
- 1 cup fennel bulb thinly sliced ( 1 small bulb)
- 2 ounces fontina divided
- 2 garlic cloves crushed
- 2 cups jasmine long-grain cooked
- 0.3 cup kalamata olives pitted chopped
- 1 teaspoon olive oil

- 1 cup onion thinly sliced
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon salt
- 1 tomatoes sliced
- 1.5 cups baby squash yellow sliced
- 1.5 cups zucchini sliced

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 400
- Combine first three ingredients. Press evenly into a 9-inch pie plate coated with cooking spray.
- Bake at 400 for 10 minutes.
- Remove from oven. Increase oven temperature to 450
- Combine zucchini and next 8 ingredients (zucchini through garlic) in a medium bowl; stir to coat.
- Place vegetable mixture on a baking sheet coated with cooking spray.
- Bake at 450 for 15 minutes or until vegetables are tender.
- Remove vegetable mixture from oven.
- Add olives and tomato; toss gently.
- Reduce oven temperature to 375
- Sprinkle 1/4 cup fontina cheese over rice crust. Top with vegetable mixture.
- Sprinkle with 1/4 cup fontina cheese.
- Bake at 375 for 30 minutes.

# Nutrition Facts

PROTEIN 13.15% FAT 17.33% CARBS 69.52%

## Properties

Glycemic Index:46.7, Glycemic Load:31.15, Inflammation Score:-7, Nutrition Score:12.101739219997%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

## Nutrients (% of daily need)

Calories: 330.56kcal (16.53%), Fat: 6.33g (9.74%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 54.18g (19.7%), Sugar: 3.99g (4.44%), Cholesterol: 14.59mg (4.86%), Sodium: 367.57mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.62%), Manganese: 0.92mg (45.84%), Selenium: 14.91µg (21.29%), Vitamin C: 17.19mg (20.84%), Vitamin K: 18.82µg (17.92%), Phosphorus: 176.8mg (17.68%), Vitamin B6: 0.3mg (15%), Calcium: 145.19mg (14.52%), Potassium: 420.02mg (12%), Fiber: 2.98g (11.93%), Vitamin B2: 0.2mg (11.91%), Copper: 0.22mg (11.03%), Zinc: 1.51mg (10.08%), Magnesium: 40.13mg (10.03%), Vitamin A: 460.65IU (9.21%), Vitamin B5: 0.9mg (9.04%), Folate: 35.38µg (8.85%), Vitamin B3: 1.58mg (7.91%), Iron: 1.29mg (7.19%), Vitamin B1: 0.1mg (6.63%), Vitamin E: 0.78mg (5.17%), Vitamin B12: 0.22µg (3.75%)