



Southern Tomato Vegetable Pie

READY IN



30 min.

SERVINGS



6

CALORIES



1840 kcal

Ingredients

- ☐ 0.5 cup artichoke hearts canned drained chopped
- ☐ 6 slices bacon thick
- ☐ 9 inch unbaked deep-dish piecrust shell frozen thawed
- ☐ 0.5 cup basil fresh chopped
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 1 garlic clove chopped
- ☐ 2 green onions thinly sliced
- ☐ 4 oz six-cheese blend shredded italian
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup mayonnaise light

- ☐ 4 plum tomatoes
- ☐ 0.5 teaspoon pepper dried red crushed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Cut tomatoes into 1/2-inch slices.
- ☐ Place on a paper towel-lined wire rack.
- ☐ Sprinkle tomatoes with salt.
- ☐ Let stand 20 minutes. Pat dry with paper towels.
- ☐ Preheat oven to 37
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.
- ☐ Drain spinach well, pressing between paper towels.
- ☐ Combine crumbled bacon, spinach, and next 7 ingredients in a large bowl until well blended.
- ☐ Spread 1/4 cup spinach mixture on bottom of piecrust.
- ☐ Layer with half of tomato slices; top with half of remaining spinach mixture. Repeat layers once. Cover loosely with aluminum foil.
- ☐ Bake pie, covered, at 375 for 30 minutes. Uncover and bake 20 to 25 minutes.
- ☐ Let stand 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 6.27%**  **FAT 57.31%**  **CARBS 36.42%**

Properties

Glycemic Index:28.33, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:37.369999841503%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 1839.84kcal (91.99%), Fat: 117.5g (180.77%), Saturated Fat: 32.24g (201.51%), Carbohydrates: 168.03g (56.01%), Net Carbohydrates: 160.54g (58.38%), Sugar: 2.85g (3.16%), Cholesterol: 22.78mg (7.59%), Sodium: 2006.91mg (87.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.85%), Vitamin K: 261.68µg (249.22%), Vitamin A: 6107.33IU (122.15%), Manganese: 2.04mg (101.94%), Folate: 340.84µg (85.21%), Vitamin B1: 0.9mg (59.77%), Iron: 8.96mg (49.76%), Vitamin B3: 9.91mg (49.55%), Vitamin E: 6.61mg (44.05%), Vitamin B2: 0.62mg (36.65%), Selenium: 23.38µg (33.39%), Phosphorus: 303.34mg (30.33%), Fiber: 7.5g (29.98%), Magnesium: 96.49mg (24.12%), Copper: 0.39mg (19.46%), Potassium: 644.41mg (18.41%), Calcium: 181.46mg (18.15%), Vitamin B6: 0.35mg (17.4%), Zinc: 2.22mg (14.79%), Vitamin B5: 1.45mg (14.52%), Vitamin C: 9.53mg (11.55%), Vitamin B12: 0.11µg (1.83%)