



Spring Onion Pie

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter
- 4 large eggs lightly beaten
- 0.8 cup flour all-purpose
- 5 ounces gruyère cheese cubed
- 1 teaspoon kosher salt
- 1 cup milk
- 0.3 teaspoon pepper freshly ground
- 10 spring onion thin

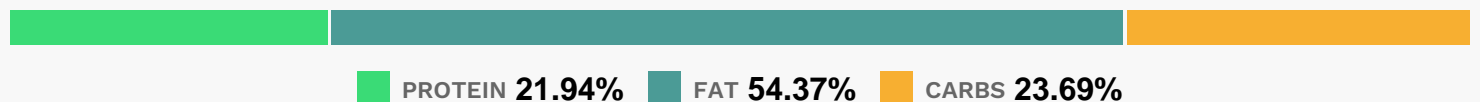
Equipment

- frying pan
- oven
- whisk

Directions

- Preheat oven to 40
- Heat a 10-inch cast-iron skillet in oven. Trim roots from onions; discard roots. Chop half of onions.
- Whisk together eggs and milk. Sift together flour and next 3 ingredients. Gradually add flour mixture to egg mixture, whisking rapidly 20 to 30 seconds or just until blended and smooth. (There should be no lumps.) Stir in chopped onions.
- Let stand 5 minutes.
- Carefully remove hot skillet from oven.
- Add butter, and let stand until butter is melted.
- Place skillet over medium-high heat, and pour batter into skillet. Arrange cheese and remaining whole onions over top of batter, and cook 30 seconds to 1 minute or until edges begin to set.
- Transfer skillet to top oven rack, and bake at 400 for 22 to 25 minutes or until golden brown and puffy. (Outside edges should be crispy, and inside texture should resemble a custard popover. Pie will deflate quickly.)
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:9.75, Inflammation Score:-6, Nutrition Score:12.958695660467%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 266.76kcal (13.34%), Fat: 16.08g (24.74%), Saturated Fat: 8.7g (54.35%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 14.8g (5.38%), Sugar: 2.68g (2.97%), Cholesterol: 164.9mg (54.97%), Sodium: 687.92mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.2%), Vitamin K: 42.77µg (40.73%), Calcium: 345.35mg (34.54%), Selenium: 19.9µg (28.43%), Phosphorus: 282.83mg (28.28%), Vitamin B2: 0.37mg (21.72%), Vitamin A: 786.32IU (15.73%), Vitamin B12: 0.9µg (15.04%), Folate: 59.58µg (14.89%), Vitamin B1: 0.18mg (12.28%), Zinc: 1.71mg (11.41%), Iron: 1.69mg (9.41%), Vitamin B5: 0.89mg (8.85%), Vitamin D: 1.26µg (8.37%), Manganese: 0.17mg (8.26%), Magnesium: 25.16mg (6.29%), Vitamin B6: 0.12mg (6%), Potassium: 200.43mg (5.73%), Vitamin B3: 1.12mg (5.62%), Vitamin C: 3.76mg (4.56%), Vitamin E: 0.67mg (4.43%), Fiber: 0.96g (3.85%), Copper: 0.07mg (3.63%)