



## Summer Squash Pie

READY IN



55 min.

SERVINGS



8

CALORIES



309 kcal

### Ingredients

- 1 teaspoon canola oil
- 0.3 teaspoon thyme dried
- 1 eggs lightly beaten
- 0.3 teaspoon garlic powder
- 0.8 cup mayonnaise
- 0.3 teaspoon paprika
- 4 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 1 pie crust dough (9 inches)
- 0.5 teaspoon salt

- 2 large tomatoes sliced
- 2.5 cups to 3 sized squashes yellow sliced ()
- 2.5 cups zucchini sliced ()

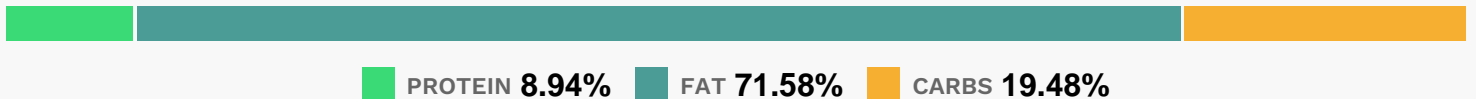
## Equipment

- frying pan
- oven
- wire rack
- aluminum foil

## Directions

- Line unpricked pastry shell with a double thickness of heavy-duty foil.
- Bake at 450° for 5 minutes.
- Remove foil; brush lightly with egg.
- Bake 5 minutes longer.
- Remove to a wire rack; reduce heat to 350°
- In a large nonstick skillet, saute zucchini and yellow squash in oil for 10 minutes or until very tender.
- Sprinkle with seasonings; spoon into pastry shell. Top with tomatoes.
- Combine the cheese and mayonnaise; spread over the top.
- Bake at 350° for 25 minutes or until golden brown. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:23.38, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:10.197826074517%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## **Nutrients (% of daily need)**

Calories: 309.36kcal (15.47%), Fat: 24.82g (38.18%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 13.29g (4.83%), Sugar: 3.25g (3.61%), Cholesterol: 38.35mg (12.78%), Sodium: 467.37mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin K: 43.39µg (41.32%), Vitamin C: 19.19mg (23.26%), Manganese: 0.29mg (14.67%), Calcium: 136.87mg (13.69%), Phosphorus: 136.04mg (13.6%), Vitamin A: 671.2IU (13.42%), Vitamin B2: 0.2mg (12.03%), Folate: 46.32µg (11.58%), Vitamin B6: 0.21mg (10.57%), Potassium: 349.46mg (9.98%), Vitamin E: 1.31mg (8.72%), Selenium: 5.6µg (8%), Vitamin B1: 0.12mg (7.82%), Fiber: 1.91g (7.64%), Iron: 1.18mg (6.55%), Magnesium: 25.66mg (6.42%), Vitamin B3: 1.22mg (6.1%), Zinc: 0.9mg (6.01%), Copper: 0.09mg (4.75%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.19µg (1.3%)