



## Sweet Onion Pie

READY IN



50 min.

SERVINGS



6

CALORIES



290 kcal

### Ingredients

- 6 tablespoons butter softened
- 1.5 cups buttery round crackers crumbled
- 2 eggs
- 1 tablespoon chives fresh minced
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 1 pinch paprika
- 0.5 teaspoon salt
- 0.8 cup cheddar cheese shredded
- 2 cups onions sweet thinly sliced

0.8 cup milk whole

## Equipment

- bowl
- frying pan
- oven
- knife
- mixing bowl

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a mixing bowl, combine crackers and 4 tablespoons of butter in a bowl until well blended. Press into the bottom and 1 inch up the sides of 8 inch pie plate to form a shell. Refrigerate until needed.
- Melt remaining 2 tablespoons butter in heavy skillet over medium heat.
- Saute onions and garlic slowly until tender, about 12 minutes. Arrange onions in the cracker crust.
- Beat eggs, whole milk, chives, and salt in a bowl until blended.
- Pour the mixture over the onions.
- Sprinkle with cheese and paprika.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 35 minutes, or until a knife comes out clean.
- Garnish with the parsley.
- Serve hot or at room temperature.

## Nutrition Facts

 PROTEIN **10.73%**  FAT **67.68%**  CARBS **21.59%**

## Properties

Glycemic Index:39.5, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:8.5043477597444%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

## Nutrients (% of daily need)

Calories: 290.08kcal (14.5%), Fat: 22.07g (33.95%), Saturated Fat: 11.75g (73.47%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 14.95g (5.44%), Sugar: 5.5g (6.11%), Cholesterol: 102.44mg (34.15%), Sodium: 545.74mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin K: 21.14µg (20.14%), Calcium: 186.07mg (18.61%), Phosphorus: 185.51mg (18.55%), Selenium: 10.32µg (14.75%), Vitamin A: 706.76IU (14.14%), Vitamin B2: 0.23mg (13.48%), Folate: 34.92µg (8.73%), Vitamin B1: 0.12mg (7.93%), Vitamin B12: 0.47µg (7.81%), Vitamin E: 1.15mg (7.64%), Manganese: 0.15mg (7.43%), Vitamin B6: 0.15mg (7.3%), Zinc: 1.03mg (6.86%), Iron: 1.16mg (6.46%), Vitamin B5: 0.53mg (5.31%), Vitamin C: 4.05mg (4.91%), Potassium: 171.15mg (4.89%), Vitamin D: 0.71µg (4.76%), Magnesium: 17.99mg (4.5%), Vitamin B3: 0.88mg (4.4%), Fiber: 0.89g (3.55%), Copper: 0.07mg (3.45%)