

Sweet Vidalia Onion Pie

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

153 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 cups buttery round crackers crushed
- ☐ 2 eggs
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.8 cup half-and-half
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sharp cheddar cheese shredded
- ☐ 2 cups onions sweet sliced

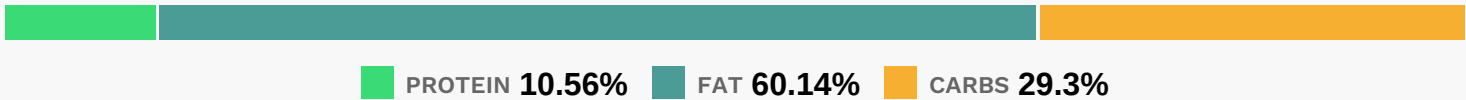
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together crushed crackers and 1/3 cup melted butter. Press mixture firmly into a 9 inch pie pan and set aside.
- ☐ Heat a medium skillet over medium heat. Melt 2 tablespoons butter in skillet and saute onions until translucent and tender but not brown.
- ☐ Spread into prepared crust.
- ☐ In a medium bowl, whisk together eggs, half-and-half, salt, and white pepper.
- ☐ Pour mixture over onions then sprinkle top with shredded cheese.
- ☐ Bake in preheated oven for 30 minutes, until center is set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.5339130577834%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 153.2kcal (7.66%), Fat: 10.34g (15.9%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.7g (3.89%), Sugar: 3.92g (4.35%), Cholesterol: 59.92mg (19.97%), Sodium: 395.5mg (17.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Phosphorus: 101.91mg (10.19%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.86µg (8.37%), Calcium: 81.78mg (8.18%), Vitamin K: 6.4µg (6.1%), Folate: 24µg (6%), Vitamin A: 262.96IU (5.26%), Vitamin B1: 0.08mg (5.24%), Manganese: 0.1mg (4.84%), Iron: 0.82mg (4.57%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.68mg (4.54%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.48mg (3.23%), Vitamin B3: 0.64mg (3.19%), Potassium: 109.74mg (3.14%), Vitamin B12: 0.18µg (3.07%), Magnesium: 10.38mg (2.6%), Vitamin C: 2.13mg (2.58%), Fiber: 0.63g (2.51%), Copper: 0.05mg (2.4%), Vitamin D: 0.24µg (1.61%)