



# Three-Onion Pie with Feta or Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

## Ingredients

- 1 cup breadcrumbs fine
- 2 tablespoons wine dry white
- 2 eggs beaten
- 0.5 cup feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 3 tablespoons parsley fresh chopped
- 1 tablespoon tarragon fresh chopped
- 10 servings pepper black to taste
- 2 leek sliced into rings

- 1 plum tomatoes thinly sliced
- 1 onion red chopped
- 2 tablespoons vegetable oil
- 1 onion yellow chopped

## Equipment

- frying pan
- oven
- mixing bowl
- tart form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat the oil in a large skillet.
- Add the yellow and red onions, and saute over moderate heat for 5 minutes. Stir in the wine, then add the leeks.
- Saute for another 15 minutes, stirring frequently, or until the onions are golden and the leeks are limp.
- Remove from heat.
- In a mixing bowl, combine the beaten eggs with dill, tarragon, feta cheese, pepper, and 2 tablespoons parsley. Stir in the onion mixture.
- Oil a 10 inch tart pan, and line the bottom generously with bread crumbs.
- Pour in the onion mixture. Ring the outside edge of the pie with tomato slices, and sprinkle the remaining 1 tablespoon parsley in the center.
- Sprinkle a light layer of bread crumbs over the entire top.
- Bake for 40 to 45 minutes, or until the mixture is set and the top is golden.
- Let stand for 10 minutes, then cut into wedges and serve.

## Nutrition Facts



■ PROTEIN 14.08% ■ FAT 42.54% ■ CARBS 43.38%

## Properties

Glycemic Index:31.5, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:7.7673912929452%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

## Nutrients (% of daily need)

Calories: 125.16kcal (6.26%), Fat: 5.89g (9.07%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.15g (4.42%), Sugar: 2.53g (2.81%), Cholesterol: 39.41mg (13.14%), Sodium: 183.1mg (7.96%), Alcohol: 0.31g (100%), Alcohol %: 0.48% (100%), Protein: 4.39g (8.78%), Vitamin K: 34.68µg (33.02%), Manganese: 0.3mg (14.97%), Vitamin A: 562.1IU (11.24%), Vitamin B2: 0.17mg (10.05%), Selenium: 6.88µg (9.82%), Vitamin B1: 0.15mg (9.71%), Folate: 38.44µg (9.61%), Calcium: 88.27mg (8.83%), Iron: 1.48mg (8.24%), Vitamin C: 6.59mg (7.99%), Phosphorus: 78.23mg (7.82%), Vitamin B6: 0.15mg (7.62%), Fiber: 1.37g (5.49%), Vitamin B3: 1.01mg (5.07%), Magnesium: 18.51mg (4.63%), Potassium: 148.36mg (4.24%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.6mg (4%), Copper: 0.08mg (3.9%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.33mg (3.32%), Vitamin D: 0.21µg (1.37%)