



Tomato and Corn Pie

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



553 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.8 lb beefsteak tomatoes peeled sliced for mountain jam (see cooks' note)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups regular corn (from 3 ears)
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise

- ☐ 1.8 teaspoons salt
- ☐ 1.8 cups coarsely sharp cheddar grated
- ☐ 6 tablespoons butter unsalted cold melted cut into 1/2-inch cubes, plus 2 teaspoons
- ☐ 0.8 cup milk whole

Equipment

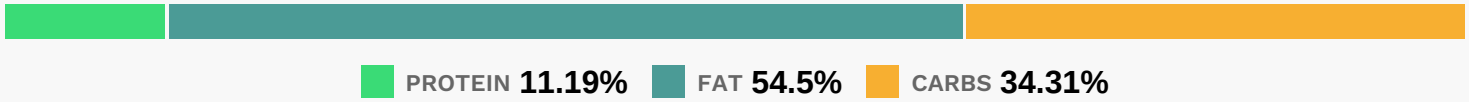
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Whisk together flour, baking powder, and 3/4 teaspoon salt in a bowl, then blend in 3/4 stick cold butter with your fingertips or a pastry blender until it resembles coarse meal.
- ☐ Add milk, stirring until mixture just forms a dough, then gather into a ball.
- ☐ Divide dough in half and roll out 1 piece between sheets of plastic wrap into a 12-inch round (1/8 inch thick).
- ☐ Remove top sheet of plastic wrap, then lift dough using bottom sheet of plastic wrap and invert into a 9-inch glass pie plate, patting with your fingers to fit (there will be just enough dough to line plate without an overhang). Discard plastic wrap.
- ☐ Preheat oven to 400°F.
- ☐ Whisk together mayonnaise and lemon juice. Arrange half of tomatoes in crust, overlapping, and sprinkle with half of corn, 1 tablespoon basil, 1/2 tablespoon chives, 1/8 teaspoon pepper, and 1/2 teaspoon salt. Repeat layering with remaining tomatoes, corn, basil, chives, pepper, and salt, then sprinkle with 1 cup cheese.
- ☐ Pour lemon mayonnaise over filling and sprinkle with remaining cheese.
- ☐ Roll out remaining piece of dough into a 12-inch round in same manner, then fit over filling, folding overhang under edge of bottom crust and pinching edge to seal.
- ☐ Cut 4 steam vents in top crust and brush crust with 2 teaspoons melted butter.

- ☐
- Bake pie in middle of oven until crust is golden and filling is bubbling, 30 to 35 minutes, then cool on a rack.
- ☐
- Serve warm or at room temperature.
- ☐
- Pie can be baked 1 day ahead and cooled completely, then chilled, covered. Reheat in a preheated 350°F oven until warm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:87.08, Glycemic Load:29.64, Inflammation Score:-9, Nutrition Score:20.485652301622%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 552.88kcal (27.64%), Fat: 34.12g (52.49%), Saturated Fat: 15.72g (98.28%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 44.62g (16.23%), Sugar: 7.13g (7.93%), Cholesterol: 71.94mg (23.98%), Sodium: 1205.91mg (52.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.53%), Calcium: 415.77mg (41.58%), Vitamin A: 1998.58IU (39.97%), Vitamin K: 36.85µg (35.09%), Selenium: 24.56µg (35.08%), Phosphorus: 339.14mg (33.91%), Vitamin B1: 0.44mg (29.49%), Folate: 114.91µg (28.73%), Vitamin C: 22.59mg (27.38%), Vitamin B2: 0.45mg (26.44%), Manganese: 0.53mg (26.4%), Vitamin B3: 3.96mg (19.82%), Iron: 2.81mg (15.63%), Potassium: 529.28mg (15.12%), Fiber: 3.7g (14.8%), Zinc: 2.13mg (14.23%), Magnesium: 48.33mg (12.08%), Vitamin E: 1.78mg (11.89%), Vitamin B6: 0.22mg (11.24%), Vitamin B12: 0.55µg (9.21%), Vitamin B5: 0.9mg (9.03%), Copper: 0.18mg (8.93%), Vitamin D: 0.77µg (5.12%)