



## Tomato Basil Pie

READY IN



60 min.

SERVINGS



8

CALORIES



306 kcal

### Ingredients

- 1 tablespoon olive oil
- 1.3 cups onion finely chopped
- 3 tablespoons butter cold
- 3 tablespoons water boiling
- 6 oz parmesan shredded
- 6 large plum tomatoes sliced (Roma)
- 2 tablespoons flour all-purpose
- 0.5 cup basil fresh chopped
- 0.3 teaspoon salt
- 0.5 teaspoon pepper

- 0.8 cup mayonnaise
- 1 leaves basil fresh chopped
- 1.3 cups frangelico

## Equipment

- bowl
- frying pan
- oven
- blender

## Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 12-inch skillet, heat oil over medium-high heat. Cook onion in oil 8 minutes, stirring occasionally, until browned.
- Remove from heat.
- In medium bowl, place Bisquick mix; cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until crumbly.
- Add water; stir vigorously until soft dough forms. Using fingers dipped in Bisquick mix, press dough on bottom and up side of pie plate, forming edge on rim of plate.
- Sprinkle 1/2 cup of the cheese in crust. Arrange half of the tomato slices over cheese.
- Sprinkle with half each of the flour, onion, chopped basil, salt and pepper. Repeat layers. In small bowl, mix mayonnaise and remaining 1 cup cheese; spread over top of pie to within 1 inch of edge.
- Bake 24 to 26 minutes or until lightly browned.
- Let stand 10 minutes before cutting.
- Garnish with additional basil.

## Nutrition Facts

  

 PROTEIN 11.43%  FAT 79.92%  CARBS 8.65%

## Properties

Glycemic Index:54.88, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:8.4895652584408%

## Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

## Nutrients (% of daily need)

Calories: 305.79kcal (15.29%), Fat: 27.36g (42.09%), Saturated Fat: 8.92g (55.72%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.54g (2.01%), Sugar: 2.66g (2.95%), Cholesterol: 34.57mg (11.52%), Sodium: 584.23mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Vitamin K: 46.49µg (44.27%), Calcium: 269.3mg (26.93%), Phosphorus: 175.22mg (17.52%), Vitamin A: 781.89IU (15.64%), Vitamin C: 8.63mg (10.45%), Vitamin E: 1.38mg (9.2%), Selenium: 6.1µg (8.71%), Manganese: 0.14mg (7%), Vitamin B2: 0.1mg (6.06%), Potassium: 182.47mg (5.21%), Zinc: 0.77mg (5.16%), Vitamin B12: 0.29µg (4.82%), Folate: 19.25µg (4.81%), Magnesium: 19.14mg (4.78%), Vitamin B6: 0.09mg (4.7%), Fiber: 1.12g (4.47%), Vitamin B1: 0.06mg (3.7%), Iron: 0.56mg (3.11%), Copper: 0.06mg (3%), Vitamin B3: 0.49mg (2.47%), Vitamin B5: 0.23mg (2.26%)