



## Tomato Pie

 Very Healthy

READY IN



61 min.

SERVINGS



1

CALORIES



1718 kcal

### Ingredients

- 1.5 cups three cheese shredded with a touch of philadelphia kraft
- 0.5 tsp basil leaves dried
- 3 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 ready-to-use pie crust refrigerated
- 0.5 cup onions sweet chopped
- 1.5 lb tomatoes chopped

### Equipment

- bowl
- oven

colander

## Directions

Heat oven to 350F.

Line 9-inch pie plate with pie crust as directed on package for one-crust pie. Pierce bottom and side with fork.

Bake 12 to 14 min. or just until edge begins to brown. Meanwhile, place tomatoes in colander set over bowl; press onto tomatoes with back of spoon to release as much juice as possible. Discard juice.

Sprinkle onions onto bottom of crust; top with tomatoes and basil.

Combine cheese and mayo; spoon over tomatoes, to within 1/2 inch of edge.

Bake 30 to 32 min. or until filling is heated through and crust is golden brown.

## Nutrition Facts



**PROTEIN 13.11%** **FAT 58.43%** **CARBS 28.46%**

## Properties

Glycemic Index:65, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:57.940434891245%

## Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg

## Nutrients (% of daily need)

Calories: 1718.12kcal (85.91%), Fat: 112.73g (173.43%), Saturated Fat: 48.07g (300.43%), Carbohydrates: 123.51g (41.17%), Net Carbohydrates: 110.11g (40.04%), Sugar: 23.98g (26.64%), Cholesterol: 176.22mg (58.74%), Sodium: 2192.12mg (95.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.91g (113.82%), Vitamin A: 7403.13IU (148.06%), Calcium: 1332.9mg (133.29%), Vitamin C: 97.06mg (117.65%), Phosphorus: 1091.82mg (109.18%), Vitamin K: 105.02µg (100.02%), Selenium: 59.17µg (84.53%), Manganese: 1.68mg (83.82%), Vitamin B2: 1.19mg (70.01%), Folate: 278.9µg (69.73%), Potassium: 2034.57mg (58.13%), Zinc: 8.33mg (55.5%), Vitamin B1: 0.81mg (53.67%), Fiber: 13.4g (53.59%), Vitamin E: 6.74mg (44.92%), Vitamin B3: 8.86mg (44.32%), Vitamin B6: 0.86mg (43.02%), Iron: 7.42mg (41.24%), Magnesium: 159.12mg (39.78%), Copper: 0.65mg (32.62%), Vitamin B12: 1.8µg (29.94%), Vitamin B5: 2.1mg (21.03%), Vitamin D: 1.02µg (6.78%)