



Tomato Pie

READY IN

ready

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75 min.

SERVINGS

servings

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6

CALORIES

calories

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1991 kcal

Ingredients

- ☐ 1 cup cheddar grated
- ☐ 9 inch prebaked deep dish pie shell
- ☐ 10 basil leaves fresh chopped
- ☐ 0.5 cup green onion chopped
- ☐ 1 cup mayonnaise
- ☐ 1 cup mozzarella cheese grated
- ☐ 6 servings salt and pepper
- ☐ 4 tomatoes peeled sliced

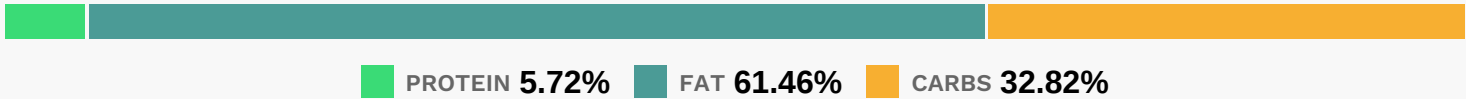
Equipment

- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place the tomatoes in a colander in the sink in 1 layer.
- ☐ Sprinkle with salt and allow to drain for 10 minutes.
- ☐ Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper.
- ☐ Combine the grated cheeses and mayonnaise together.
- ☐ Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned.
- ☐ To serve, cut into slices and serve warm.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:33.246956617936%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 1990.81kcal (99.54%), Fat: 136.11g (209.41%), Saturated Fat: 38.02g (237.64%), Carbohydrates: 163.52g (54.51%), Net Carbohydrates: 157.56g (57.29%), Sugar: 2.82g (3.13%), Cholesterol: 49.26mg (16.42%), Sodium: 1873.2mg (81.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.99%), Vitamin K: 139.08µg (132.46%), Manganese: 1.74mg (86.94%), Folate: 286.24µg (71.56%), Vitamin B1: 0.82mg (54.63%), Iron: 8.22mg (45.66%), Vitamin B3: 9.04mg (45.21%), Phosphorus: 413.83mg (41.38%), Vitamin E: 6.1mg (40.66%), Vitamin B2: 0.65mg (38.26%), Selenium: 24.67µg (35.24%), Calcium: 313.7mg (31.37%), Fiber: 5.96g (23.83%), Vitamin A: 1140.47IU (22.81%), Zinc: 3.03mg (20.2%), Magnesium: 71.16mg (17.79%), Copper: 0.34mg (17.06%), Potassium: 563.99mg (16.11%), Vitamin C: 12.92mg (15.66%), Vitamin B5: 1.47mg (14.69%), Vitamin B6: 0.25mg (12.7%), Vitamin B12: 0.67µg (11.17%), Vitamin D: 0.26µg (1.75%)