

Tomato Pie

READY IN



105 min.

SERVINGS



8

CALORIES



1146 kcal

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon parsley leaves fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup coarsely gruyère grated
- ☐ 8 servings additional kosher salt and pepper black freshly ground
- ☐ 8 servings kosher salt for sprinkling
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 9 inch pie shell frozen thawed
- ☐ 3 large tomatoes cut into 1/2-inch-thick slices

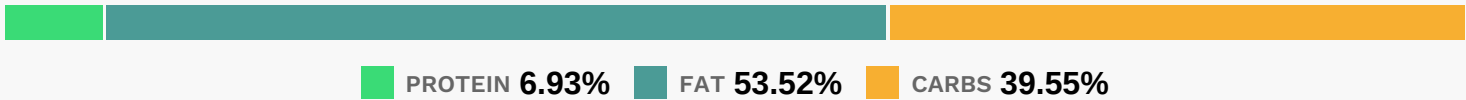
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Line the shell with foil and fill with pie weights, dried beans, or rice.
- ☐ Bake in the lower third of the oven for 20 minutes. Carefully remove the weights and foil. Return to the oven and bake for 10 minutes more or until light golden. Cool in the pan on a wire rack.
- ☐ Turn up the oven to 400 degrees F.
- ☐ Sprinkle the tomatoes with salt and drain in a colander for 10 to 15 minutes.
- ☐ Spread the mustard over the bottom of the shell and sprinkle the cheese over it. Arrange the tomatoes over the cheese in 1 overlapping layer.
- ☐ Bake until the pastry is golden brown and the tomatoes are very soft, 35 to 40 minutes.
- ☐ In a small bowl, stir together the parsley, thyme, garlic, olive oil, and salt and pepper to taste to blend.
- ☐ Sprinkle the pie with this mixture while hot and spread out gently with the back of a spoon.
- ☐ Serve the pie hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:21.427391329537%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 1145.99kcal (57.3%), Fat: 67.91g (104.47%), Saturated Fat: 22g (137.52%), Carbohydrates: 112.89g (37.63%), Net Carbohydrates: 105.97g (38.53%), Sugar: 1.97g (2.19%), Cholesterol: 18.15mg (6.05%), Sodium: 1515.14mg (65.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.59%), Manganese: 1.13mg (56.53%), Vitamin B1: 0.67mg (44.68%), Folate: 171.1µg (42.77%), Iron: 6.4mg (35.55%), Vitamin B3: 6.57mg (32.83%), Vitamin K: 32.69µg (31.14%), Phosphorus: 288.4mg (28.84%), Fiber: 6.93g (27.7%), Vitamin B2: 0.45mg (26.57%), Selenium: 17.92µg (25.6%), Calcium: 226.31mg (22.63%), Vitamin A: 816.44IU (16.33%), Vitamin C: 11.56mg (14.02%), Vitamin E: 1.99mg (13.23%), Magnesium: 52.69mg (13.17%), Zinc: 1.85mg (12.32%), Potassium: 414.76mg (11.85%), Copper: 0.23mg (11.35%), Vitamin B5: 1.1mg (10.96%), Vitamin B6: 0.19mg (9.7%), Vitamin B12: 0.26µg (4.4%)