



 **30%**  
HEALTH SCORE

## Tomato Pie

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

## Ingredients

- 1 pastry crust
- 6 medium ripe sliced
- 4 tablespoons olive oil
- 1 serving black freshly ground
- 6 spring onion white trimmed
- 1 cup flat parsley coarsely chopped
- 3 tablespoons marjoram fresh coarsely chopped
- 2 large cloves garlic minced

## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- Heat oven to 425 degrees. Lightly flour a clean work surface, and roll the pate brisee into a rectangle 1 inch larger than an 11 1/2-by-17-inch baking pan. Fit dough into the pan, trimming edges flush.
- Place in the refrigerator to chill.
- Remove the pastry from the refrigerator, and pierce the entire surface with a fork. Cover the bottom of the dough with tomatoes, arranged so they are touching but not overlapping.
- Drizzle tomatoes with 2 tablespoons olive oil, and sprinkle with salt and pepper.
- Bake for 15 minutes. Reduce the oven temperature to 350 degrees. and bake for 10 minutes.
- Meanwhile, cut scallions into 1/4-inch slices, and combine in a small bowl with parsley, marjoram, and garlic. Scatter the scallion mixture around, but not on top of, the tomatoes.
- Sprinkle with salt and pepper, and drizzle the scallion mixture with the remaining 2 tablespoons olive oil.
- Bake until the crust is golden brown, about 20 minutes. Rotate the baking pan one time during baking.
- Remove from the oven, and transfer to a wire rack to cool.

## Nutrition Facts



**PROTEIN 6.8%** **FAT 46.7%** **CARBS 46.5%**

## Properties

Glycemic Index:27.8, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:9.2317391426667%

## Flavonoids

Apigenin: 14.23mg, Apigenin: 14.23mg, Apigenin: 14.23mg, Apigenin: 14.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 0.8mg, Quercetin: 0.8mg,

Quercetin: 0.8mg, Quercetin: 0.8mg

## **Nutrients (% of daily need)**

Calories: 141.87kcal (7.09%), Fat: 7.37g (11.34%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.54g (5.65%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 141.76mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin K: 127.25µg (121.19%), Vitamin A: 627.88IU (12.56%), Vitamin C: 10.32mg (12.51%), Vitamin B1: 0.17mg (11.16%), Folate: 40.95µg (10.24%), Selenium: 6.82µg (9.74%), Manganese: 0.17mg (8.72%), Iron: 1.49mg (8.29%), Vitamin B3: 1.31mg (6.53%), Vitamin B2: 0.11mg (6.45%), Vitamin E: 0.92mg (6.12%), Fiber: 0.97g (3.9%), Phosphorus: 29.22mg (2.92%), Copper: 0.05mg (2.38%), Magnesium: 9.29mg (2.32%), Potassium: 80.43mg (2.3%), Calcium: 18.61mg (1.86%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.29%)