



WHATSheATE



Tomato Pie

♥♥ Popular

READY IN



45 min.

SERVINGS



6

CALORIES



532 kcal

Ingredients

- ☐ 1 cup cheese grated ()
- ☐ 0.3 cup bacon cooked sliced into 1 inch pieces and)
- ☐ 0.3 cup green onions sliced ()
- ☐ 1 cup mayonnaise
- ☐ 6 servings bell pepper to taste
- ☐ 1 pie crust
- ☐ 1 tablespoon sugar
- ☐ 4 large tomatoes sliced (thickly)

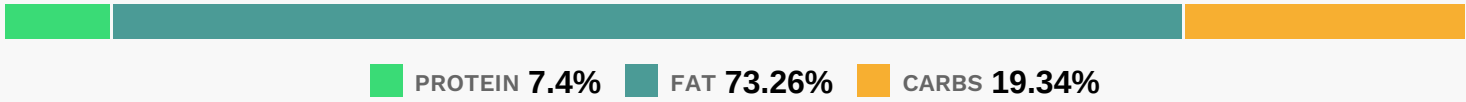
Equipment

☐ oven

Directions

- ☐ Place the tomato slices on the bottom of the pie shell in one or two layers and sprinkle with the sugar, pepper and green onions.
- ☐ Mix the mayonnaise, cheese and bacon and spread over the tomatoes.
- ☐ Bake in a preheated 400F oven until golden brown and bubbling, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:21.718260925749%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 532.47kcal (26.62%), Fat: 43.85g (67.46%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 22.2g (8.07%), Sugar: 8.69g (9.65%), Cholesterol: 39.17mg (13.06%), Sodium: 564.95mg (24.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Vitamin C: 112.77mg (136.69%), Vitamin K: 85.23µg (81.18%), Vitamin A: 3599.85IU (72%), Vitamin E: 3.37mg (22.47%), Folate: 80.79µg (20.2%), Vitamin B6: 0.37mg (18.59%), Phosphorus: 182.8mg (18.28%), Manganese: 0.36mg (17.96%), Calcium: 162.41mg (16.24%), Fiber: 3.84g (15.35%), Potassium: 529.24mg (15.12%), Selenium: 10.3µg (14.72%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.74mg (13.71%), Vitamin B1: 0.2mg (13.39%), Zinc: 1.43mg (9.52%), Iron: 1.6mg (8.89%), Magnesium: 34.29mg (8.57%), Vitamin B5: 0.66mg (6.57%), Copper: 0.13mg (6.37%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.21µg (1.38%)