

# Tomato Pie I

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

## Ingredients

- 0.5 pound bacon cooked drained chopped
- 0.5 teaspoon pepper red crushed
- 1 9-inch deep dish pie crust ()
- 0.5 cup basil fresh chopped
- 0.5 teaspoon garlic powder
- 3 green onions thinly sliced
- 0.3 cup mayonnaise
- 1 teaspoon oregano dried
- 2 cups cheddar cheese shredded

4 large tomatoes peeled sliced

## Equipment

bowl

oven

aluminum foil

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In alternating layers, fill pastry shell with tomatoes, basil, scallions, bacon, garlic powder, oregano, and red pepper. In a small bowl, mix cheese with mayonnaise.

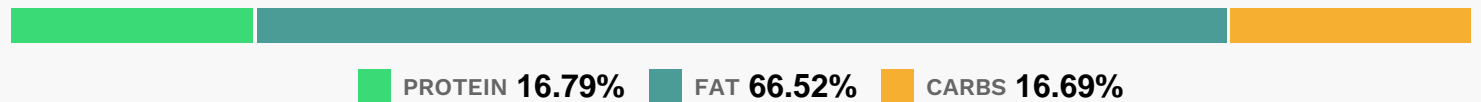
Spread mixture over top of pie. Cover loosely with aluminum foil.

Bake in preheated oven for 30 minutes.

Remove foil from top of pie and bake an additional 30 minutes.

Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:37.83, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:20.046956383664%

## Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 596.73kcal (29.84%), Fat: 44.19g (67.98%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 22.55g (8.2%), Sugar: 3.55g (3.94%), Cholesterol: 79.01mg (26.34%), Sodium: 1083.67mg (47.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.19%), Vitamin K: 54.32µg (51.74%), Selenium: 31.88µg (45.55%), Phosphorus: 381.24mg (38.12%), Vitamin A: 1628.59IU (32.57%), Calcium: 304.81mg (30.48%), Vitamin B3: 5.74mg (28.69%), Vitamin B1: 0.36mg (24%), Vitamin C: 18.12mg (21.97%), Vitamin B2: 0.34mg (20.15%), Zinc: 3mg (19.97%), Manganese: 0.38mg (19.24%), Vitamin B6: 0.36mg (18.08%), Potassium:

574.22mg (16.41%), Folate: 61.73µg (15.43%), Vitamin B12: 0.82µg (13.71%), Vitamin E: 2.04mg (13.63%), Magnesium: 44.8mg (11.2%), Iron: 1.94mg (10.75%), Fiber: 2.39g (9.57%), Copper: 0.17mg (8.65%), Vitamin B5: 0.85mg (8.53%), Vitamin D: 0.4µg (2.64%)