

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

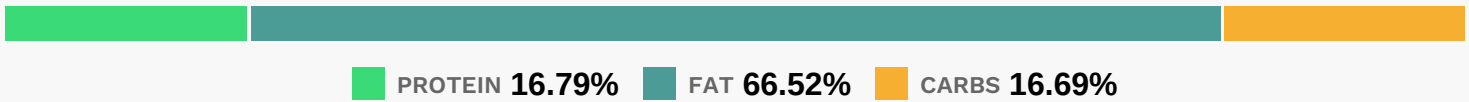
Equipment

- ☐ 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%)