

Tomato Pie II

READY IN



55 min.

SERVINGS



6

CALORIES



468 kcal

Ingredients

- 1 tablespoon basil dried
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 0.8 cup mayonnaise
- 0.5 teaspoon salt
- 1.3 cups cheddar cheese shredded
- 5 large tomatoes peeled sliced
- 19-inch unbaked pie crust ()

Equipment

bowl

oven

Directions

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

Bake pie crust in preheated oven for 10 minutes.

Cover bottom of pie crust with a layer of tomato slices. In a small bowl, mix together salt, pepper, basil, and garlic powder.

Sprinkle half of mixture over tomato slices.

Layer remaining tomato slices in pie crust.

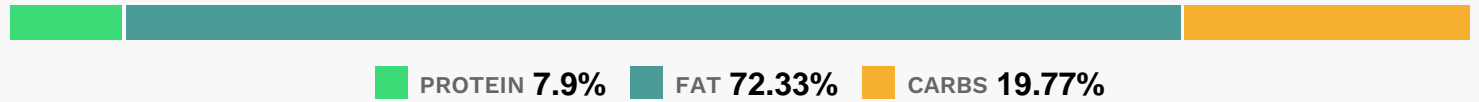
Sprinkle with the rest of seasoning mixture. In a medium bowl, mix together mayonnaise and cheese.

Spread mixture evenly over top of pie.

Reduce oven to 350 degrees F (175 degrees C).

Bake pie for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:14.573043258294%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 468.47kcal (23.42%), Fat: 37.97g (58.42%), Saturated Fat: 10.58g (66.09%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 20.4g (7.42%), Sugar: 4.24g (4.71%), Cholesterol: 35.3mg (11.77%), Sodium: 670.08mg (29.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Vitamin K: 72.32µg (68.88%), Vitamin A: 1523.68IU (30.47%), Vitamin C: 20.79mg (25.19%), Manganese: 0.41mg (20.64%), Calcium: 206.07mg (20.61%), Phosphorus: 176.71mg (17.67%), Vitamin E: 2.14mg (14.27%), Folate: 54.58µg (13.65%), Selenium: 9.26µg (13.24%), Potassium: 436.79mg (12.48%), Vitamin B2: 0.2mg (11.95%), Fiber: 2.96g (11.83%), Iron: 2mg (11.09%), Vitamin B1:

0.16mg (10.58%), Vitamin B3: 1.85mg (9.24%), Zinc: 1.37mg (9.12%), Vitamin B6: 0.17mg (8.4%), Magnesium: 33.45mg (8.36%), Copper: 0.14mg (7.23%), Vitamin B12: 0.28µg (4.72%), Vitamin B5: 0.42mg (4.24%), Vitamin D: 0.2µg (1.32%)