

Tomato Pie II

READY IN



50 min.

SERVINGS



8

CALORIES



174 kcal

Ingredients

- 1 cup mayonnaise fat-free
- 1 teaspoon penzey's southwest seasoning italian
- 1 cup cheddar cheese shredded reduced-fat
- 0.5 small onion sliced
- 2 large tomatoes
- 19-inch unbaked pie crust ()

Equipment

- bowl
- paper towels

oven

pot

Directions

Preheat oven to 350 degrees F (175 degrees C.) Bring a pot of water to boil and blanch the tomatoes for 1 minute. Peel and slice the tomatoes and drain on paper towels.

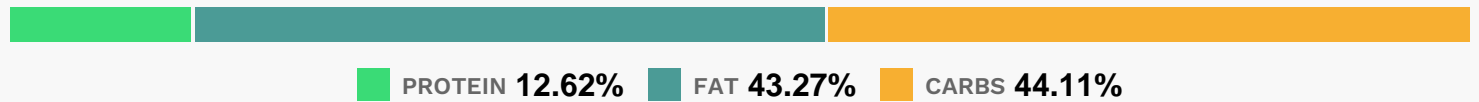
Place sliced tomatoes in the pie shell, sprinkle with Italian seasoning, then place the sliced onions on top. In a small bowl, mix the mayonnaise and cheese together.

Spread on top of the tomatoes and onions.

Bake in preheated oven for 35 minutes.

Remove from oven and let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.24304347323333%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 173.54kcal (8.68%), Fat: 8.39g (12.91%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.35g (6.31%), Sugar: 4.44g (4.93%), Cholesterol: 5.57mg (1.86%), Sodium: 418.74mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 14.21µg (13.53%), Phosphorus: 100.37mg (10.04%), Manganese: 0.19mg (9.38%), Vitamin A: 412.84IU (8.26%), Vitamin C: 6.56mg (7.96%), Fiber: 1.9g (7.6%), Calcium: 74.65mg (7.47%), Folate: 27.3µg (6.83%), Vitamin B1: 0.09mg (5.98%), Iron: 0.97mg (5.38%), Vitamin B2: 0.09mg (5.23%), Selenium: 3.59µg (5.13%), Vitamin B3: 0.97mg (4.85%), Potassium: 165.09mg (4.72%), Magnesium: 12.7mg (3.18%), Zinc: 0.48mg (3.17%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (2.88%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.18mg (1.75%), Vitamin B12: 0.07µg (1.15%)