

Onion Pie

Gourmet Eating in South Carolina - (1985)

1 nine-inch baked pie shell
3 cups Vidalia onions, thinly sliced
2 tablespoons butter, melted
3 eggs
1 cup sour cream
1 teaspoon salt
1/4 teaspoon freshly ground pepper
1 teaspoon dill OR celery seed OR basil
crisp bacon, crumbled

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Preheat the oven to 450 degrees.

In a saucepan, saute' the onions in butter until translucent.. Set aside to cool.

In a saucepan, combine the eggs, sour cream, salt, pepper, and celery seed over low heat to blend well. Combine with the cooled onions. Pour into the baked pie shell. Top with the crumbled bacon.

Bake for 10 minutes. Reduce the heat to 300 degrees. Bake until the crust is light brown, about 30 minutes.

Per Serving (excluding unknown items): 1102 Calories; 87g Fat (69.8% calories from fat); 32g Protein; 53g Carbohydrate; 9g Dietary Fiber; 800mg Cholesterol; 2713mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 7 Vegetable; 1/2 Non-Fat Milk; 15 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1102
% Calories from Fat:	69.8%
% Calories from Carbohydrates:	18.8%
% Calories from Protein:	11.4%
Total Fat (g):	87g
Saturated Fat (g):	49g
Monounsaturated Fat (g):	26g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	800mg
Carbohydrate (g):	53g
Dietary Fiber (g):	9g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	189mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 32g
Sodium (mg): 2713mg
Potassium (mg): 1300mg
Calcium (mg): 465mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 33mg
Vitamin A (i.u.): 3417IU
Vitamin A (r.e.): 970RE

Lean Meat: 2 1/2
Vegetable: 7
Fruit: 0
Non-Fat Milk: 1/2
Fat: 15 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1102 **Calories from Fat:** 769

% Daily Values*

Total Fat	87g	134%
Saturated Fat	49g	245%
Cholesterol	800mg	267%
Sodium	2713mg	113%
Total Carbohydrates	53g	18%
Dietary Fiber	9g	35%
Protein	32g	
Vitamin A		68%
Vitamin C		55%
Calcium		46%
Iron		23%

* Percent Daily Values are based on a 2000 calorie diet.