

Southern Green Tomato Pie

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

1 package refrigerated pastry crusts
3 cups green tomatoes, sliced
1 1/3 cups sugar
3 tablespoons lemon juice
2 tablespoons flour
4 tablespoons butter
1/4 teaspoon salt
4 teaspoons lemon rind

Preheat the oven to 400 degrees.

In a large mixing bowl, mix all of the ingredients together.

Place one pastry crust on the bottom of a pie pan.

Pour all of the ingredients on top of the crust.

Dot with butter.

Add the top crust.

Bake for 10 minutes.

Reduce the temperature to 350 degrees. Bake for an additional 30 minutes.

Remove from the oven and serve.

Per Serving (excluding unknown items): 1616 Calories; 47g Fat (25.3% calories from fat); 9g Protein; 304g Carbohydrate; 7g Dietary Fiber; 124mg Cholesterol; 1075mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Vegetable; 1/2 Fruit; 9 Fat; 17 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1616	Vitamin B6 (mg):	.5mg
% Calories from Fat:	25.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	72.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.3mg

Total Fat (g): 47g
Saturated Fat (g): 29g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 124mg
Carbohydrate (g): 304g
Dietary Fiber (g): 7g
Protein (g): 9g
Sodium (mg): 1075mg
Potassium (mg): 1208mg
Calcium (mg): 106mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 158mg
Vitamin A (i.u.): 5214IU
Vitamin A (r.e.): 776RE

Folacin (mcg): 60mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 5 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 17 1/2

Nutrition Facts

Amount Per Serving

Calories 1616 **Calories from Fat:** 409

% Daily Values*

Total Fat	47g	73%
Saturated Fat	29g	144%
Cholesterol	124mg	41%
Sodium	1075mg	45%
Total Carbohydrates	304g	101%
Dietary Fiber	7g	30%
Protein	9g	
Vitamin A		104%
Vitamin C		263%
Calcium		11%
Iron		21%

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