



Alsatian Potato Pie

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



184 kcal

Ingredients

- ☐ 1 large egg yolk
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 5 clove garlic with the flat side of a large knife crushed
- ☐ 1 pinch frshly ground pepper black
- ☐ 1.5 cup gruyère cheese grated
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 pinch coatse salt as needed plus more
- ☐ 2 tablespoon butter unsalted

Equipment

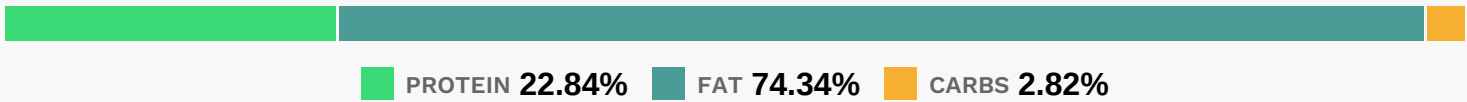
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ funnel

Directions

- ☐ Cover potatoes with water in a medium saucepan. Bring to a boil over high heat.
- ☐ Add a pinch of salt; cook until just tender, 13 to 15 minutes.
- ☐ Drain.
- ☐ Let cool. Bring 3/4 cup plus 3 tablespoons cream, the garlic, and nutmeg to a boil in a small saucepan over medium-high heat. Cook mixture until reduced by half. Season with salt and pepper; set aside. Melt butter in a skillet over medium heat.
- ☐ Add leek; cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Remove from heat. Stir in parsley; season with salt and pepper. Set aside. Preheat oven to 400 degrees.
- ☐ Whisk egg yolk and remaining tablespoon cream in a small bowl; set aside. Divide puff pastry on a lightly floured surface into two 6-by-13-inch rectangles. Set 1 rectangle on a baking sheet lined with parchment paper.
- ☐ Add half of the potatoes, leaving a 1/2-inch border all around and overlapping potatoes slightly. Top with half of the leek mixture and 3/4 cup cheese; season with salt and pepper. Repeat layering with remaining potatoes, leeks, and cheese.
- ☐ Brush edges of dough with egg wash. Cover with remaining dough rectangle; gently press edges with a fork to seal.
- ☐ Cut 2-inch slits lengthwise in center of crust, 2 inches apart.
- ☐ Brush with egg wash. Refrigerate until cold, about 30 minutes.
- ☐ Bake pie until golden brown and puffy, about 35 minutes.
- ☐ Remove from oven.

- ☐
- Pour cream mixture into pie vents with a funnel.
- ☐
- Bake 10 minutes more.
- ☐
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:7.8204348087311%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 184.42kcal (9.22%), Fat: 15.29g (23.52%), Saturated Fat: 8.95g (55.96%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.23g (0.26%), Cholesterol: 76.93mg (25.64%), Sodium: 245.81mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin K: 42.31µg (40.29%), Calcium: 346.43mg (34.64%), Phosphorus: 217.48mg (21.75%), Vitamin A: 681.4IU (13.63%), Vitamin B12: 0.59µg (9.85%), Selenium: 6.78µg (9.68%), Zinc: 1.42mg (9.44%), Vitamin B2: 0.11mg (6.7%), Vitamin C: 4.11mg (4.98%), Magnesium: 14.32mg (3.58%), Vitamin B6: 0.07mg (3.52%), Manganese: 0.06mg (3.01%), Vitamin B5: 0.3mg (3%), Folate: 11.58µg (2.9%), Vitamin D: 0.42µg (2.81%), Vitamin B1: 0.03mg (2.18%), Vitamin E: 0.29mg (1.96%), Iron: 0.34mg (1.88%), Potassium: 55.62mg (1.59%), Copper: 0.03mg (1.33%)