



French Canadian Pork Pie "Tourtière"

READY IN



80 min.

SERVINGS



8

CALORIES



583 kcal

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 apples diced cored peeled
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 1 carrots finely chopped
- ☐ 0.8 cup chicken broth
- ☐ 2 deep dish pie shells frozen tenderflake®
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic minced
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 1 pound ground pork
- ☐ 1 onion finely chopped
- ☐ 1 potatoes grated peeled
- ☐ 0.5 cup raisins
- ☐ 8 servings salt and pepper
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup sugar white

Equipment

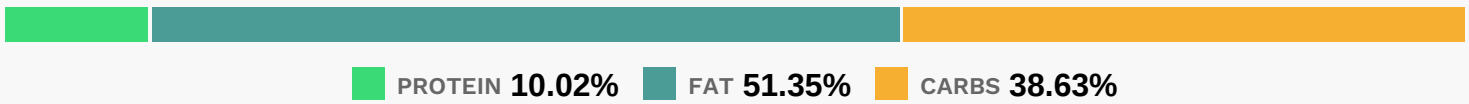
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ APPLE RAISIN CHUTNEY: HEAT butter in a small saucepan over medium heat.
- ☐ Add onions and saute for 2–3 minutes or until soft.
- ☐ Add apples and remaining ingredients. Bring to a boil. Reduce heat to low and simmer for 20–30 minutes or until apples are soft and the liquid has evaporated. Cool before serving.
- ☐ TOURTIERE: PREHEAT oven to 375 degrees F (190 degrees C).
- ☐ HEAT oil in a large skillet over medium–high heat.
- ☐ Add ground pork and cook, breaking apart with the back of a wooden spoon for 8–10 minutes.
- ☐ Add onions, carrots, and garlic. Cook for 2–3 minutes and add spices and herbs. Cook for another 1–2 minutes and stir in potato. After another 1–2 minutes add broth. Bring to a boil then reduce to a simmer for 2–3 minutes or until liquid has evaporated.

- ☐ Remove from heat and allow to cool slightly.
- ☐ Remove bay leaf and discard.
- ☐ TRANSFER the pork mixture into one of the prepared pie shells.
- ☐ Remove the second pie shell from the foil tray onto a lightly floured work surface.
- ☐ Roll pastry with a lightly floured rolling pin to a 10-inch (25cm) round.
- ☐ Place on top of the filled pie and press the edges to seal. Trim any excess pastry and flute the edges.
- ☐ CUT a small slit in the top to allow steam to escape. Use the leftover pastry to make decorative leaves if desired.
- ☐ Brush the top of the pie with egg wash.
- ☐ BAKE for 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:61.15, Glycemic Load:15.26, Inflammation Score:-8, Nutrition Score:15.121739117996%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 583kcal (29.15%), Fat: 33.63g (51.74%), Saturated Fat: 11.35g (70.92%), Carbohydrates: 56.91g (18.97%), Net Carbohydrates: 53.12g (19.32%), Sugar: 15.24g (16.93%), Cholesterol: 69.25mg (23.08%), Sodium: 549.26mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Vitamin B1: 0.61mg (40.61%), Vitamin A: 1434.57IU (28.69%), Manganese: 0.55mg (27.26%), Selenium: 18.7µg (26.72%), Vitamin B3: 4.48mg (22.38%),

Vitamin B6: 0.41mg (20.56%), Phosphorus: 187.74mg (18.77%), Vitamin B2: 0.31mg (18.07%), Potassium: 544.71mg (15.56%), Fiber: 3.79g (15.16%), Folate: 59.19µg (14.8%), Iron: 2.57mg (14.29%), Vitamin K: 14.68µg (13.98%), Vitamin C: 10.62mg (12.87%), Zinc: 1.78mg (11.85%), Magnesium: 36.2mg (9.05%), Vitamin B5: 0.84mg (8.43%), Copper: 0.16mg (8.19%), Vitamin E: 1.14mg (7.63%), Vitamin B12: 0.46µg (7.6%), Calcium: 45.99mg (4.6%)