



## French Canadian Tourtiere I

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ml allspice
- 2 garlic clove minced
- 500 ml ground pork
- 50 ml onion chopped
- 2 ml pepper
- 2 pie crust dough uncooked
- 250 ml potatoes mashed fine
- 3 ml salt

50 ml water boiling

## Equipment

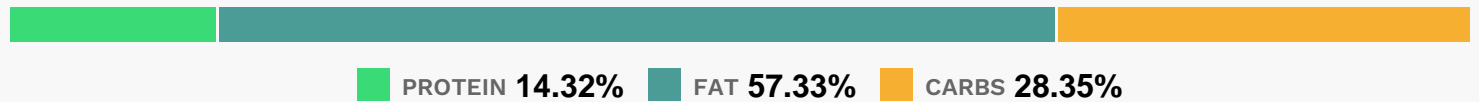
oven

## Directions

Combine pork, onion, seasonings and the boiling water.2 Simmer uncovered stirring occasionally until the meat is cooked.3 Cool and skim off any fat.4 Stir in the potatoes.5 Line pie plate with a pie crust.6 Fill with the cooked mixture.7 Cover with second crust.8 Seal the pastry edges & cut vents.9

Bake 10 minutes at 230c then lower temp to 180c for 30 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:46.94, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:20.17391295148%

## Flavonoids

Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 751.3kcal (37.56%), Fat: 47.45g (73%), Saturated Fat: 16.32g (102.02%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 49.09g (17.85%), Sugar: 0.81g (0.9%), Cholesterol: 85.59mg (28.53%), Sodium: 777.81mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.36%), Vitamin B1: 1.16mg (77.07%), Selenium: 34.54µg (49.35%), Vitamin B3: 8.07mg (40.35%), Vitamin B6: 0.69mg (34.61%), Phosphorus: 306.66mg (30.67%), Manganese: 0.58mg (29%), Vitamin B2: 0.45mg (26.27%), Zinc: 3.2mg (21.34%), Iron: 3.8mg (21.11%), Potassium: 684.69mg (19.56%), Folate: 76.14µg (19.03%), Vitamin C: 12.95mg (15.69%), Fiber: 3.7g (14.79%), Vitamin B12: 0.83µg (13.87%), Vitamin B5: 1.33mg (13.29%), Magnesium: 50.62mg (12.65%), Copper: 0.2mg (9.76%), Vitamin K: 8.14µg (7.75%), Calcium: 48.46mg (4.85%), Vitamin E: 0.4mg (2.7%)