



French Meat Pie

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 1 pound ground pork
- 1 large onion thinly sliced
- 1 cup potatoes mashed
- 2 teaspoons ground allspice
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 serving dough for double-crust pie (9 inches)

1 large eggs beaten

Equipment

bowl

oven

dutch oven

Directions

In a Dutch oven, cook the beef, pork and onion over medium heat until meat is no longer pink; drain.

In a small bowl, combine potatoes and seasonings.

Roll out half of pastry to fit a 9-in. pie plate; trim pastry even with edge of plate. Fill with meat mixture.

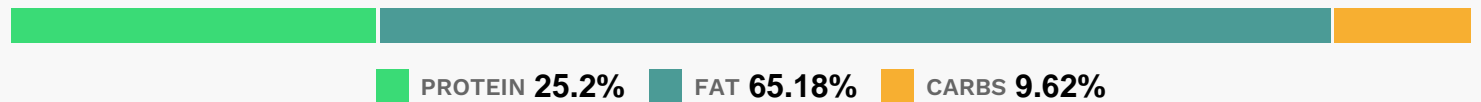
Roll out remaining pastry to fit top of pie; place over filling. Trim, seal and flute edges.

Cut slits in pastry.

Brush with egg if desired.

Bake at 375° for 30–35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:4.25, Inflammation Score:-2, Nutrition Score:12.638261040916%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 338.36kcal (16.92%), Fat: 24.18g (37.2%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.97g (2.53%), Sugar: 1.03g (1.14%), Cholesterol: 104.33mg (34.78%), Sodium: 383.49mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Selenium: 25.11µg (35.88%), Vitamin

B1: 0.49mg (32.33%), Vitamin B12: 1.67µg (27.76%), Vitamin B3: 5.27mg (26.36%), Vitamin B6: 0.51mg (25.64%),
Zinc: 3.82mg (25.49%), Phosphorus: 224.03mg (22.4%), Vitamin B2: 0.27mg (15.75%), Potassium: 470.19mg
(13.43%), Iron: 2.07mg (11.51%), Vitamin B5: 0.87mg (8.68%), Vitamin C: 7.15mg (8.67%), Magnesium: 30.22mg
(7.55%), Manganese: 0.11mg (5.61%), Copper: 0.11mg (5.32%), Folate: 19.78µg (4.95%), Fiber: 1.07g (4.26%), Calcium:
33.13mg (3.31%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.77µg (1.69%), Vitamin D: 0.18µg (1.21%)