



WHATSheATE

French Tourtiere

READY IN



80 min.

SERVINGS



8

CALORIES



2333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rendered bacon fat
- ☐ 0.8 cup chicken broth
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 clove garlic crushed
- ☐ 1 pinch mace
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 pounds ground pork
- ☐ 1 pinch ground sage

- ☐ 1 pinch savoury
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 18 inch unbaked pie shells

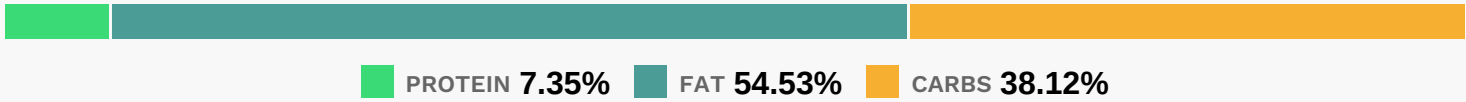
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a saucepan, saute onion and garlic in bacon drippings until light brown.
- ☐ Add ground pork. Cook until light brown, stirring until crumbly; drain. Stir in broth, salt and pepper. Cook for 10 minutes or until liquid is nearly absorbed.
- ☐ Add spices and parsley. Cool to room temperature.
- ☐ Spoon filling into pastry lined 9 inch deep dish pie plate. Top with remaining pastry; seal edges and cut vents.
- ☐ Brush with cream.
- ☐ Bake at 425 degrees F (220 degrees C) for 20 minutes. Reduce temperature to 350 degrees F (175 degrees C).
- ☐ Bake for 20 to 30 minutes longer, or until golden brown.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:38.509565405224%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin:

0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 2333.27kcal (116.66%), Fat: 140.31g (215.86%), Saturated Fat: 45.67g (285.45%), Carbohydrates: 220.67g (73.56%), Net Carbohydrates: 209g (76%), Sugar: 0.8g (0.89%), Cholesterol: 69.24mg (23.08%), Sodium: 2268.11mg (98.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.11%), Vitamin B1: 1.87mg (124.99%), Manganese: 2.05mg (102.61%), Folate: 323.99µg (81%), Vitamin B3: 15.94mg (79.68%), Iron: 12.67mg (70.39%), Selenium: 46.89µg (66.98%), Vitamin B2: 0.99mg (58.29%), Vitamin K: 51.67µg (49.21%), Phosphorus: 481.27mg (48.13%), Fiber: 11.67g (46.68%), Vitamin B6: 0.58mg (28.89%), Zinc: 3.98mg (26.51%), Vitamin B5: 2.43mg (24.25%), Magnesium: 87.39mg (21.85%), Potassium: 718.6mg (20.53%), Copper: 0.39mg (19.65%), Vitamin E: 2.15mg (14.36%), Calcium: 111.15mg (11.11%), Vitamin B12: 0.61µg (10.1%), Vitamin C: 3.15mg (3.82%), Vitamin A: 165.68IU (3.31%)