



Grandmom Marino's Easter Meat Pie

READY IN



60 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.3 cup parsley fresh chopped
- 0.3 pound ham thinly sliced
- 15 ounce pie crusts refrigerated
- 15 ounce ricotta cheese
- 0.3 pound genoa salami thinly sliced
- 8 servings salt and pepper to taste

Equipment

bowl

oven

Directions

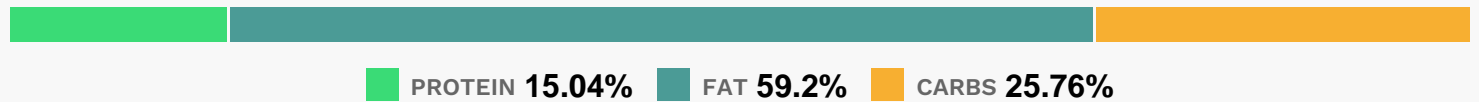
Preheat the oven to 350 degrees F (175 degrees C).

Tear the ham and salami into small pieces and place in a medium bowl. Stir in the ricotta cheese, egg and parsley. Season with salt and pepper. Set aside. Press one pie crust into a 9 inch pie plate and fill with the meat mixture. Cover with the other pie crust and press the edges together to seal.

Cut a few slits in the top to vent steam.

Bake for 45 minutes in the preheated oven, until the crust is golden brown and filling is set. Cool to room temperature, then refrigerate until cold before serving.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:11.5804347059%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 436.09kcal (21.8%), Fat: 28.45g (43.77%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 26.45g (9.62%), Sugar: 0.18g (0.2%), Cholesterol: 67.56mg (22.52%), Sodium: 953.31mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.53%), Vitamin K: 35.23µg (33.55%), Selenium: 19.25µg (27.49%), Vitamin B1: 0.37mg (24.93%), Phosphorus: 197.03mg (19.7%), Vitamin B2: 0.3mg (17.59%), Vitamin B3: 2.95mg (14.73%), Calcium: 128.75mg (12.88%), Manganese: 0.26mg (12.75%), Zinc: 1.87mg (12.48%), Folate: 49.73µg (12.43%), Vitamin B12: 0.72µg (11.95%), Iron: 2.11mg (11.7%), Vitamin B6: 0.19mg (9.61%), Vitamin A: 424.72IU (8.49%), Vitamin B5: 0.64mg (6.35%), Potassium: 219.51mg (6.27%), Fiber: 1.39g (5.56%), Magnesium: 21.23mg (5.31%), Copper: 0.09mg (4.62%), Vitamin C: 2.49mg (3.02%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.32µg (2.1%)