



Guy Fieri's Cuban Pie alla Munee

READY IN

ready

140 min.

SERVINGS

servings

10

CALORIES

calories

666 kcal

Ingredients

- ☐ 2 dill pickles sliced thin
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup garlic minced
- ☐ 1 tablespoons garlic minced
- ☐ 0.5 cup bell peppers diced green
- ☐ 5 ounces ham deli-style sliced
- ☐ 0.5 cup heavy cream
- ☐ 4 tablespoons juice of lime
- ☐ 4 tablespoons mustard
- ☐ 4 tablespoons orange juice

- ☐ 1 teaspoon oregano dried
- ☐ 4 tablespoons parmesan shredded grated
- ☐ 7 ounces barbequed pulled pork
- ☐ 0.5 cup roma tomatoes diced
- ☐ 1 teaspoon salt
- ☐ 1.3 cups shortening
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 8 ounces swiss cheese shredded
- ☐ 1 tomatoes sliced thin
- ☐ 8 teaspoons water cold
- ☐ 0.5 cup onions diced yellow

Equipment

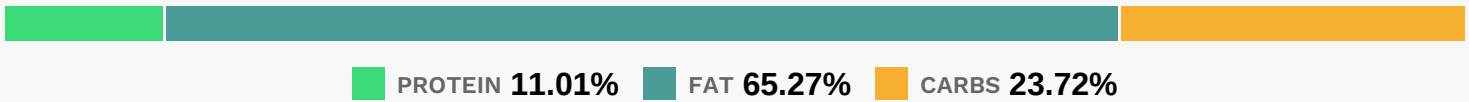
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Sift together flour and salt into medium bowl. Gently blend shortening into flour until mixture is crumbly. Stir in just enough cold water to keep it all together. Knead or process until smooth ball is formed, as little work as possible.
- ☐ Roll in a ball and refrigerate for 1 hour.
- ☐ Remove, divide into 2 equal balls and roll out to 9-inches.
- ☐ Preheat oven to 450 degrees F.
- ☐ Drape crust into pie tin, poke with a fork and cover with waxed paper. Fill bottom with dried beans and bake pie shell for 10 minutes or until crust lightly browns.
- ☐ Remove and cool before filling.
- ☐ Add oil to a medium saute pan over medium heat.

- ☐ Add onions, peppers, and garlic, cook until translucent, but do not brown.
- ☐ Add tomatoes, cook for 3 to 5 minutes.
- ☐ Remove pan from heat and hold to add to pork.
- ☐ Preheat oven to 350 degrees F.
- ☐ Add 2 ounces of the Swiss cheese to pre-cooked pie shell, add pulled pork on top of Swiss cheese. Top pulled pork with sofrito mixture.
- ☐ Add remaining Swiss on top of pork.
- ☐ Lay sliced ham on top of Swiss cheese.
- ☐ Mix together the heavy cream and mustard and pour on top of ham and then top with Parmesan.
- ☐ Add pie crust to top, wrap aluminum foil around edges of pie crust, and bake for 25 minutes.
- ☐ Remove pie from oven, let cool and set for 5 minutes.
- ☐ Add sliced pickles to the center of the pie, starting at the center and fanning the pickles in the middle.
- ☐ Add sliced tomatoes to the outside ring of the edge of the pie, overlapping the pickles in the center.
- ☐ Cut pie and serve with dollop of Mojo Sour cream.
- ☐ Mix in bowl and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:22.02, Inflammation Score:-8, Nutrition Score:16.505217427793%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 665.52kcal (33.28%), Fat: 48.73g (74.97%), Saturated Fat: 18.5g (115.62%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 37.68g (13.7%), Sugar: 6.66g (7.4%), Cholesterol: 73.58mg (24.53%), Sodium: 782.7mg (34.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.97%), Selenium: 27.54µg (39.34%), Calcium: 313.47mg (31.35%), Vitamin B1: 0.45mg (29.86%), Phosphorus: 274.9mg (27.49%), Vitamin B2: 0.4mg (23.59%), Manganese: 0.42mg (21.2%), Vitamin C: 17.44mg (21.14%), Folate: 84.36µg (21.09%), Vitamin K: 21.12µg (20.11%), Vitamin A: 900.65IU (18.01%), Vitamin B3: 3.22mg (16.08%), Vitamin E: 2.28mg (15.18%), Vitamin B12: 0.89µg (14.85%), Iron: 2.54mg (14.11%), Zinc: 1.96mg (13.07%), Vitamin B6: 0.22mg (11%), Fiber: 2.16g (8.65%), Magnesium: 34.44mg (8.61%), Potassium: 298.53mg (8.53%), Vitamin B5: 0.77mg (7.66%), Copper: 0.13mg (6.7%), Vitamin D: 0.3µg (2%)