

## Italian Pork Pie

READY IN



60 min.

SERVINGS



8

CALORIES



499 kcal

### Ingredients

- 1 cup breadcrumbs
- 1 tablespoon parsley fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 0.5 teaspoon pepper black to taste
- 8 servings pepper black to taste
- 2 pounds ground pork lean
- 7 ounce sausage sweet italian
- 1 large onion grated
- 0.5 cup parmesan cheese divided grated
- 0.5 cup parmesan cheese grated

1.5 teaspoons salt to taste

8 servings salt to taste

## Equipment

bowl

oven

## Directions

Roll out dough to fit a 9 inch pie plate.

Place ground pork, rosemary, bread crumbs, parsley, and onion in a medium-size bowl; mix until well blended.

Remove casings from sausage, and crumble into the mixture. Season with salt and pepper to taste.

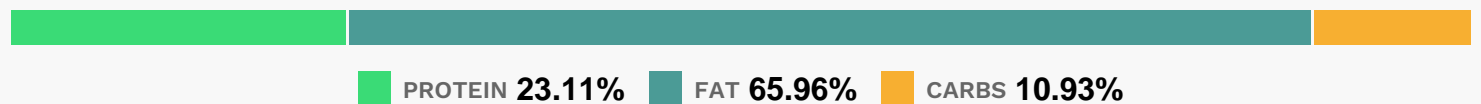
Sprinkle 1/4 cup grated parmesan cheese into the bottom of pie shell.

Spread pork mixture on top of cheese, and sprinkle with remaining parmesan.

Place top crust over filling, and crimp the edges together.

Bake at 500 degrees F (260 degrees C) for 15 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake for 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.88, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:17.708261084297%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 498.91kcal (24.95%), Fat: 36.08g (55.5%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.39g (4.5%), Sugar: 1.65g (1.83%), Cholesterol: 111.37mg (37.12%), Sodium: 1193.43mg (51.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.88%), Vitamin B1: 1.11mg (74.29%), Selenium: 41.93µg (59.9%), Phosphorus: 341.61mg (34.16%), Vitamin B3: 6.67mg (33.33%), Vitamin B6: 0.56mg (28.02%), Zinc: 3.72mg (24.81%), Vitamin B2: 0.41mg (24.26%), Vitamin B12: 1.24µg (20.59%), Calcium: 163.52mg (16.35%), Potassium: 474.28mg (13.55%), Iron: 2.13mg (11.83%), Manganese: 0.22mg (11.03%), Vitamin B5: 1.03mg (10.31%), Magnesium: 38.18mg (9.54%), Vitamin K: 9.75µg (9.28%), Folate: 27.76µg (6.94%), Copper: 0.12mg (6.17%), Fiber: 1.07g (4.28%), Vitamin C: 3.45mg (4.18%), Vitamin A: 174.41IU (3.49%)