



HEALTH SCORE

10%

Meat Pie (Tourtiere)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large baking potatoes
- 1 eggs
- 1 dash ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon pepper black
- 1.5 pounds ground pork
- 1 large onion minced

- 0.3 teaspoon paprika
- 0.5 teaspoon salt
- 0.5 cup water

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Bake the potato until done, 30 – 45 minutes in a preheated 400 degrees F (205 degrees C) oven. Peel and mash the potato.
- Place the potato, ground pork, onion, spices and water in a large frying pan and simmer until very thick, for about one hour.
- Meanwhile, prepare your pastry.
- Line a deep-dish pie plate with pastry. Spoon in filling, spreading evenly. Cover with top crust.
- Brush with beaten egg and sprinkle with paprika, if desired.
- Cut steam vent.
- Bake for 50 minutes at 350 degrees F (175 degrees C). If edges brown too fast, cover with a strip of foil.
- Serve warm.

Nutrition Facts



PROTEIN 23.68% **FAT 60.97%** **CARBS 15.35%**

Properties

Glycemic Index:22.34, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:11.134347770525%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 277.11kcal (13.86%), Fat: 18.64g (28.68%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.45g (3.44%), Sugar: 1.11g (1.24%), Cholesterol: 81.69mg (27.23%), Sodium: 205.02mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin B1: 0.67mg (44.79%), Selenium: 22.91µg (32.73%), Vitamin B6: 0.52mg (25.97%), Vitamin B3: 4.21mg (21.05%), Phosphorus: 191.35mg (19.14%), Vitamin B2: 0.25mg (14.51%), Zinc: 2.12mg (14.13%), Potassium: 478.3mg (13.67%), Vitamin B12: 0.64µg (10.74%), Manganese: 0.19mg (9.54%), Vitamin B5: 0.82mg (8.18%), Magnesium: 30.35mg (7.59%), Iron: 1.34mg (7.46%), Vitamin C: 4.72mg (5.72%), Copper: 0.1mg (5.18%), Fiber: 1.11g (4.45%), Folate: 17.02µg (4.26%), Calcium: 29.83mg (2.98%), Vitamin A: 69.78IU (1.4%), Vitamin K: 1.3µg (1.24%)