



Oyster Pie

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

Ingredients

- ☐ 6 servings butter
- ☐ 1 carrots sliced
- ☐ 1 stalk celery chopped
- ☐ 1 egg wash (mixed with 1 tablespoon water)
- ☐ 1.5 cups flour instant
- ☐ 0.5 cup milk
- ☐ 1 pint dozens oysters
- ☐ 2 potatoes diced
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper

- ☐ 0.3 cup solid vegetable shortening chilled
- ☐ 0.3 cup butter unsalted chilled
- ☐ 0.3 cup water cold

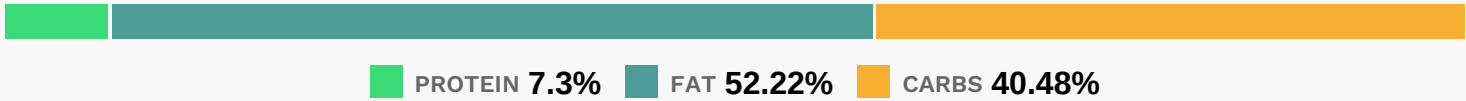
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Parboil potatoes, celery and carrot until fork-tender.
- ☐ Drain and season with salt and pepper.
- ☐ Layer vegetables and oysters in baking pan. Dot top with butter; pour heated milk over. Cover with pastry. Paint with egg wash. Make a few small slashes in the pastry for the steam to escape.
- ☐ Bake in a preheated 375 degree oven for 35 minutes or until crust is golden brown.
- ☐ Combine flour and butter with a pastry cutter, in a food processor, or by rubbing together with your fingers.
- ☐ Add shortening, and salt. Continue to combine adding 1/4 cup cold water. Gather into a ball and flatten into an 8-inch disc. Refrigerate 30 minutes.

Nutrition Facts



Properties

Glycemic Index:54.26, Glycemic Load:27.05, Inflammation Score:-9, Nutrition Score:14.56043478717%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 379.4kcal (18.97%), Fat: 22.16g (34.09%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 35.85g (13.04%), Sugar: 2.27g (2.52%), Cholesterol: 63.96mg (21.32%), Sodium: 366.79mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin A: 2167.12IU (43.34%), Zinc: 3.75mg (25%), Vitamin B1: 0.33mg (21.89%), Selenium: 15.18µg (21.69%), Folate: 77.31µg (19.33%), Manganese: 0.37mg (18.52%), Copper: 0.36mg (18.15%), Vitamin C: 14.79mg (17.93%), Vitamin B2: 0.26mg (15.32%), Vitamin B12: 0.89µg (14.83%), Iron: 2.55mg (14.17%), Vitamin B3: 2.82mg (14.1%), Vitamin B6: 0.27mg (13.5%), Phosphorus: 125.55mg (12.56%), Potassium: 438.67mg (12.53%), Fiber: 2.8g (11.19%), Vitamin K: 10.46µg (9.96%), Magnesium: 30.29mg (7.57%), Vitamin E: 1.12mg (7.49%), Vitamin B5: 0.67mg (6.71%), Calcium: 57.03mg (5.7%), Vitamin D: 0.51µg (3.41%)