

Pork Pies

READY IN



45 min.

SERVINGS



24

CALORIES



139 kcal

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon pepper black
- 0.5 teaspoon savoury dried crumbled
- 1.5 cups flour all-purpose
- 1 garlic clove minced
- 0.3 teaspoon ground allspice
- 1 pound ground pork lean
- 0.8 cup onion finely chopped
- 1 teaspoon salt
- 24 servings tomatoes

- 2 tablespoons butter unsalted cold cut into 1/2-inch cubes
- 3 tablespoons shortening cold
- 0.5 cup milk whole

Equipment

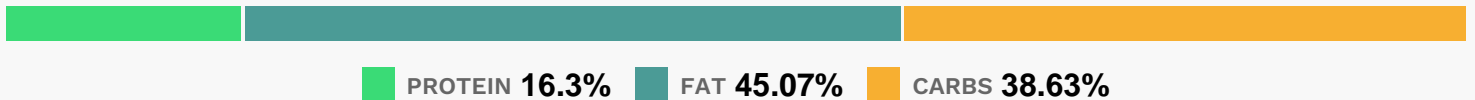
- bowl
- frying pan
- oven
- knife
- whisk
- blender
- muffin liners
- rolling pin

Directions

- Cook pork with onion, garlic, savory, salt, allspice, and pepper in a 12-inch nonstick skillet over moderate heat, stirring frequently and breaking up lumps with a fork, until pork is no longer pink, 5 to 7 minutes.
- Sprinkle with flour and cook, stirring, until thickened, 3 to 4 minutes. Cool filling completely.
- Put oven rack in middle position and preheat oven to 425°F.
- Whisk together flour, baking powder, and salt in a bowl. Blend in shortening and butter with a pastry blender or your fingertips until mixture resembles coarse meal.
- Add milk and stir with a fork just until a dough forms. Turn out dough onto a lightly floured surface and gently knead 10 to 12 times.
- Roll out dough on lightly floured surface with a floured rolling pin into a rough 18-inch round (1/8 inch thick), dusting with just enough additional flour to keep dough from sticking.
- Cut out 24 rounds with 3-inch cutter and 24 leaves with leaf-shaped cutter. Make decorative lines on leaves with tip of a sharp paring knife.
- Fit each round into a muffin cup and fill with a rounded tablespoon of filling. Arrange leaves on filling.

- Bake pies until crusts are golden, 15 to 17 minutes. Lift pies out of muffin cups and transfer to a rack. Cool to warm, about 15 minutes.
- *Available at Sweet Celebrations (800-328-6722).
- Filling can be made 1 day ahead and chilled, covered. Bring to room temperature before using. Pies can be assembled and baked 6 hours ahead and cooled, uncovered, then chilled, uncovered.
- Serve at room temperature or reheat in preheated 350°F oven until warm, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:6.43, Inflammation Score:-8, Nutrition Score:10.2986956161%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 138.53kcal (6.93%), Fat: 7.16g (11.01%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.34g (4.12%), Sugar: 5.21g (5.79%), Cholesterol: 16.73mg (5.58%), Sodium: 145.5mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.65%), Vitamin A: 1538.56IU (30.77%), Vitamin C: 25.21mg (30.56%), Vitamin B1: 0.27mg (18.14%), Vitamin K: 15.25µg (14.52%), Potassium: 505.49mg (14.44%), Manganese: 0.27mg (13.64%), Vitamin B3: 2.36mg (11.82%), Vitamin B6: 0.23mg (11.53%), Folate: 43.24µg (10.81%), Selenium: 7.45µg (10.64%), Fiber: 2.47g (9.88%), Phosphorus: 97.3mg (9.73%), Vitamin B2: 0.13mg (7.42%), Vitamin E: 1.11mg (7.37%), Magnesium: 26.42mg (6.6%), Copper: 0.13mg (6.45%), Iron: 1.06mg (5.9%), Zinc: 0.81mg (5.39%), Calcium: 44.77mg (4.48%), Vitamin B5: 0.36mg (3.59%), Vitamin B12: 0.16µg (2.7%)