



Pork Potpie with Cornbread Crust

READY IN



115 min.

SERVINGS



6

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 4 ounce chile peppers green drained chopped canned
- 12 ounce tomato sauce canned
- 1 tablespoon chili powder
- 1 large eggs beaten
- 1 cup flour all-purpose
- 10 ounce regular corn frozen thawed
- 1 cup bell pepper diced green
- 1 tablespoon ground cumin

- 1.5 pounds ground pork lean
- 0.8 cup milk
- 0.5 cup monterey jack grated
- 1 cup onion diced
- 1 slices serving suggestion: composed salad of onions red
- 6 servings salt and pepper black freshly ground
- 3 tablespoons sugar
- 2 tablespoons tomato paste
- 3 tablespoons butter unsalted cooled melted
- 2 tablespoons vegetable oil
- 1 cup cornmeal yellow
- 1 tablespoon cornmeal yellow

Equipment

- bowl
- frying pan
- oven

Directions

- Make the pork mixture: In a large skillet cook the onion and the bell pepper in the oil over moderately low heat, stirring, until the onion is softened.
- Add the pork, and cook the mixture over moderate heat, stirring and breaking up any lumps, until the pork is no longer pink. Stir in the tomato sauce and paste, corn, cumin, chili powder, and cornmeal, season with salt and black pepper, to taste, and simmer the mixture, stirring occasionally, for 30 minutes. Spoon the mixture into a shallow 2 1/2-quart casserole. The mixture may be made 1 day in advance and kept, covered and chilled.
- Make the topping: Into a bowl sift together the flour, cornmeal, sugar, and baking powder, add the butter, milk, and egg, and stir the batter until it is just combined. Stir in the monterey jack and the chile peppers and drop the batter by the large spoonfuls around the edge of the casserole.

Bake the potpie in the middle of a preheated 400 degree F. oven for 10 minutes, reduce the heat to 350 degrees F, and bake the potpie for 30 minutes more.

Serve hot, with a composed salad.

Nutrition Facts

PROTEIN 16.7% **FAT 49.17%** **CARBS 34.13%**

Properties

Glycemic Index:105.02, Glycemic Load:30.87, Inflammation Score:-8, Nutrition Score:30.682608604431%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 754.22kcal (37.71%), Fat: 41.84g (64.37%), Saturated Fat: 16.33g (102.07%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 57.92g (21.06%), Sugar: 12.65g (14.05%), Cholesterol: 139.74mg (46.58%), Sodium: 700.89mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.96%), Vitamin B1: 1.2mg (80.32%), Selenium: 42.79µg (61.13%), Phosphorus: 489.78mg (48.98%), Vitamin B6: 0.95mg (47.37%), Vitamin C: 37.99mg (46.05%), Vitamin B3: 8.89mg (44.44%), Vitamin B2: 0.64mg (37.59%), Zinc: 4.73mg (31.53%), Manganese: 0.63mg (31.36%), Iron: 5.5mg (30.54%), Fiber: 7.44g (29.74%), Potassium: 1019.14mg (29.12%), Folate: 102.53µg (25.63%), Calcium: 255.07mg (25.51%), Magnesium: 101.79mg (25.45%), Vitamin A: 1203.28IU (24.07%), Vitamin B12: 1.12µg (18.71%), Vitamin B5: 1.7mg (16.96%), Vitamin E: 2.46mg (16.42%), Copper: 0.32mg (16%), Vitamin K: 15.07µg (14.36%), Vitamin D: 0.66µg (4.42%)