



Salmon and Potato Pie

READY IN



75 min.

SERVINGS



8

CALORIES



2244 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 1 cup milk
- ☐ 1 small onion minced
- ☐ 6 potatoes peeled
- ☐ 6 ounce salmon red undrained canned
- ☐ 1 salt and pepper to taste
- ☐ 18 inch unbaked pie shells

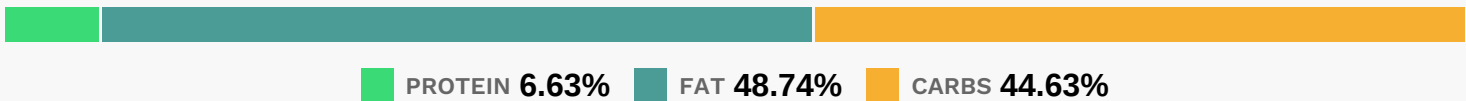
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ In a medium saucepan, cook onions, garlic and butter over medium heat until vegetables become transparent in color.
- ☐ Add onion/garlic mixture, salmon and thyme to cooked potatoes. Mash all together with milk, adding just enough to bring about a mashed potato consistency.
- ☐ Spread evenly into pie shell.
- ☐ Place second pie shell over top of salmon mixture.
- ☐ Cut slits into the upper shell, then pinch edges of both pie shells together.
- ☐ Bake on lower rack of oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.59, Glycemic Load:21.19, Inflammation Score:-8, Nutrition Score:42.507392168045%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 2244.1kcal (112.21%), Fat: 120.94g (186.06%), Saturated Fat: 38.42g (240.13%), Carbohydrates: 249.15g (83.05%), Net Carbohydrates: 234.18g (85.16%), Sugar: 3.09g (3.43%), Cholesterol: 25.07mg (8.36%), Sodium: 1954.42mg (84.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.01%), Manganese: 2.27mg (113.43%), Vitamin B1: 1.39mg (92.91%), Folate: 343.48µg (85.87%), Vitamin B3: 15.46mg (77.3%), Iron: 13.29mg (73.83%), Fiber: 14.97g (59.87%), Vitamin B2: 0.9mg (53.24%), Phosphorus: 530.23mg (53.02%), Selenium: 35.23µg (50.33%), Vitamin C: 32.3mg (39.15%), Vitamin B6: 0.75mg (37.65%), Vitamin K: 38.31µg (36.48%), Potassium: 1241.32mg (35.47%), Magnesium: 115.99mg (29%), Copper: 0.53mg (26.67%), Vitamin B5: 2.54mg (25.44%), Vitamin D: 3.42µg (22.79%), Calcium: 207.83mg (20.78%), Vitamin B12: 1.22µg (20.34%), Zinc: 2.85mg (18.97%), Vitamin E: 2.43mg (16.17%), Vitamin A: 119.62IU (2.39%)