



Tourtiere (Meat Pie)

 Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 1 cup carrots diced (3 or 4 carrots)
- 1 cup celery diced (2 or 3 stalks)
- 2 cups chicken broth
- 0.5 pound venison diced
- 1 eggs beaten for egg wash
- 3 tablespoons parsley leaves fresh minced
- 1 tablespoon thyme leaves fresh chopped

- 1 teaspoon garlic minced (1 or 2 cloves)
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 cup olive oil
- 1 small onion diced
- 2 9-inch rounds pie crust prepared ()
- 1 pound pork loin diced
- 1 medium potatoes diced peeled
- 0.3 cup red wine
- 1 teaspoon salt
- 1 pound sirloin diced

Equipment

- bowl
- baking sheet
- oven
- pot
- wooden spoon
- pie form

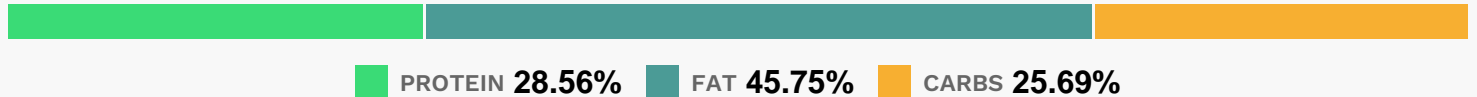
Directions

- Combine salt, pepper, cinnamon, allspice, parsley, and thyme in a large bowl. Stir in red wine to make a marinade.
- Add meat the cubes and coat the meat thoroughly, using your hands if necessary to make sure all meat is covered by the marinade mixture. Cover and marinate for at least 30 minutes.
- Preheat oven to 400 degrees F.
- To a medium pot heat olive oil and add onion, celery, carrot, and garlic and stir using a wooden spoon until soft, about 5 to 10 minutes.
- Add potatoes to the pot, stirring briefly, then add meat and brown slightly, stirring constantly. Reduce heat and add chicken broth. Simmer for about 30 minutes, remove from heat and let

cool slightly.

- Lay pie crust into a pie pan and spoon in the meat mixture. Cover with top crust, seal and pinch with fork.
- Cut slits in top crust to release steam and brush with egg wash.
- Place pie onto a baking sheet and bake for 45 minutes until crust is golden brown.
- Let cool for 10 to 15 minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:41.7, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:26.755651950836%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 527.34kcal (26.37%), Fat: 26.21g (40.32%), Saturated Fat: 7.18g (44.87%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 30.01g (10.91%), Sugar: 1.85g (2.05%), Cholesterol: 116.04mg (38.68%), Sodium: 820.57mg (35.68%), Alcohol: 0.8g (100%), Alcohol %: 0.3% (100%), Protein: 36.8g (73.61%), Vitamin A: 2933.47IU (58.67%), Vitamin B3: 11.31mg (56.55%), Selenium: 37.93µg (54.19%), Vitamin B6: 1.04mg (51.97%), Vitamin B12: 2.81µg (46.89%), Vitamin K: 40.43µg (38.5%), Phosphorus: 381.15mg (38.1%), Vitamin B1: 0.54mg (36.1%), Zinc: 4.5mg (30%), Vitamin B2: 0.48mg (28.46%), Manganese: 0.55mg (27.36%), Iron: 4.33mg (24.05%), Potassium: 803.25mg (22.95%), Folate: 62.52µg (15.63%), Magnesium: 57.65mg (14.41%), Vitamin C: 10.73mg (13.01%), Copper: 0.25mg (12.71%), Vitamin B5: 1.27mg (12.65%), Fiber: 3.1g (12.4%), Vitamin E: 1.78mg (11.84%), Calcium: 63.11mg (6.31%), Vitamin D: 0.39µg (2.62%)