



Tourtiers (French Pork Pie)

 Dairy Free

READY IN



255 min.

SERVINGS



16

CALORIES



476 kcal

Ingredients

- ☐ 4 baking potatoes cubed peeled
- ☐ 1 bay leaf
- ☐ 1 stalk celery chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2.5 pounds ground pork lean
- ☐ 1 large onion chopped
- ☐ 30 ounce pie crusts refrigerated
- ☐ 1 teaspoon salt

☐ 3 cups water

Equipment

☐ frying pan

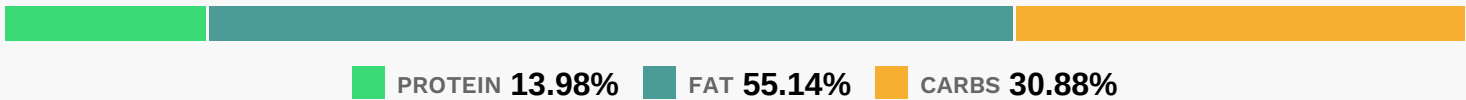
☐ sauce pan

☐ oven

Directions

- ☐ In a large saucepan, mix together the ground pork, cloves, cinnamon, onion, salt, celery, bay leaf and water. The water will help break up the raw pork. Simmer over medium-low heat for about 3 hours, or until the water has evaporated.
- ☐ Remove from the heat and discard the bay leaf.
- ☐ Towards the end of the pork cooking time, place the potatoes into a separate saucepan and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes.
- ☐ Drain and mash potatoes. When the pork is done, stir the mashed potatoes into that pan until evenly blended.
- ☐ Preheat the oven to 375 degrees F (190 degrees C). Line two 9 inch pie plates with bottom crusts. Spoon equal amounts of the pork filling into each crust. Cover with top crusts and flute the edges to seal.
- ☐ Bake for 45 minutes in the preheated oven, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:7.77, Inflammation Score:-3, Nutrition Score:12.747825990552%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 475.67kcal (23.78%), Fat: 28.94g (44.52%), Saturated Fat: 9.94g (62.09%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 34.22g (12.44%), Sugar: 0.76g (0.85%), Cholesterol: 51.03mg (17.01%), Sodium: 409.78mg (17.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Vitamin B1: 0.71mg (47.57%), Selenium: 20.74µg (29.63%), Vitamin B3: 5.08mg (25.4%), Vitamin B6: 0.5mg (24.76%), Phosphorus: 194.97mg (19.5%), Manganese: 0.37mg (18.27%), Vitamin B2: 0.28mg (16.39%), Potassium: 497.73mg (14.22%), Iron: 2.5mg (13.88%), Zinc: 1.98mg (13.19%), Folate: 50.91µg (12.73%), Fiber: 2.25g (9%), Magnesium: 35.45mg (8.86%), Vitamin B5: 0.87mg (8.67%), Vitamin B12: 0.5µg (8.27%), Copper: 0.14mg (6.93%), Vitamin K: 5.66µg (5.39%), Vitamin C: 4.31mg (5.22%), Calcium: 32.08mg (3.21%), Vitamin E: 0.26mg (1.75%)