



Vegetarian Tourtiere

READY IN



90 min.

SERVINGS



16

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 fluid ounce beer room temperature
- 2 cups breadcrumbs
- 3 tablespoons butter
- 1 eggs beaten
- 1 pinch ground cloves
- 1 pinch nutmeg fresh
- 1 tablespoon milk
- 2 cups mushrooms minced
- 1 cup onion minced

- 1 teaspoon peppercorns
- 2 9-inch pie crust dough refrigerated ()
- 0.5 teaspoon sea salt
- 0.5 teaspoon summer savory dried
- 2 cups textured vegetable protein (TVP)
- 0.5 teaspoon thyme leaves dried
- 0.5 cup savory vegetable dried
- 2 cups vegetable stock
- 1 teaspoon water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- mixing bowl
- cookie cutter

Directions

- Pour the vegetable broth into a saucepan and bring to a boil over high heat. Measure the texturized vegetable protein and vegetable flakes into a large mixing bowl.
- Pour the boiling broth over the texturized vegetable protein and vegetable flakes; soak for 15 minutes.
- Meanwhile, melt the butter in a large skillet over medium-high heat, add the mushrooms and onions; cook and stir until soft, about 10 minutes.
- Stir the texturized vegetable protein and vegetable flake mixture in with the mushroom and onions.
- Pour the beer into the skillet with the vegetable mixture; remove from heat and cool.

- Preheat oven to 450 degrees F (230 degrees C).
- Whisk the egg and milk together in a small bowl.
- Line a deep dish pie plate with one round of the prepared pastry.
- Pour the vegetable mixture into the pastry shell. Prepare the top pastry by cutting a 2 to 3-inch hole in the center of the round using a knife or a decorative cookie cutter.
- Moisten the edges of the bottom round with water.
- Place the top round of prepared pastry on top of the meat filling, pressing around the edges and crimping to seal.
- Brush the top of the pastry with the egg and milk mixture.
- Bake in the preheated 450 degree F (230 degrees C) oven for 15 minutes. Lower the oven temperature to 375 degrees F (190 degrees C) and continue baking until the crust is golden brown, 30 to 40 minutes.

Nutrition Facts



■ PROTEIN **16.67%**
■ FAT **36.09%**
■ CARBS **47.24%**

Properties

Glycemic Index:26.53, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:6.9917392056921%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 251.01kcal (12.55%), Fat: 9.78g (15.04%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 25.01g (9.09%), Sugar: 3.23g (3.58%), Cholesterol: 15.99mg (5.33%), Sodium: 418.04mg (18.18%), Alcohol: 0.86g (100%), Alcohol %: 0.8% (100%), Protein: 10.16g (20.33%), Manganese: 0.32mg (16.04%), Iron: 2.84mg (15.79%), Fiber: 3.78g (15.12%), Vitamin B1: 0.22mg (14.97%), Vitamin B3: 2.22mg (11.08%), Vitamin B2: 0.17mg (10.22%), Folate: 40.36µg (10.09%), Selenium: 7.06µg (10.08%), Vitamin A: 446.25IU (8.92%), Calcium: 79.91mg (7.99%), Phosphorus: 67.83mg (6.78%), Copper: 0.11mg (5.48%), Vitamin B5: 0.44mg (4.39%), Magnesium: 16.11mg (4.03%), Vitamin B6: 0.08mg (3.91%), Potassium: 133.3mg (3.81%), Vitamin K: 3.41µg (3.25%), Zinc: 0.47mg (3.13%), Vitamin C: 1.76mg (2.14%), Vitamin B12: 0.09µg (1.51%), Vitamin E: 0.22mg (1.48%)