

Chinese Pork Pie

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 cups cold roast pork, cut in one-inch dice

1 clove garlic, minced

1 leek (white part only), minced

2 tablespoons butter or margarine

1 1/2 cups leftover pork gravy
salt

pepper

1 small bay leaf, crumbled

2 cloves

1 medium carrot, sliced thin

1/2 cup water chestnuts, sliced

1 cup canned bean sprouts

1 apple, pared and chopped

2 cups hot sweet potatoes, mashed

1 tablespoon brown sugar

2 teaspoons butter or margarine

Preheat the oven to 350 degrees.

In a skillet in hot fat, saute' the leek until lightly brown. Stir in the pork cubes. Brown lightly.

Add the gravy, garlic, salt, pepper, bay leaf, cloves and carrots. If the gravy is thick, thin it out a bit with water or dry white wine..

When the gravy comes to a boil, stir in the water chestnuts, bean sprouts and apple. Pour the contents into a medium casserole.

Bake for 10 minutes.

Remove the casserole from the oven. Carefully top with the hot mashed sweet potatoes, adding them by small tablespoonfuls and then smoothing over to make a solid top. Sprinkle with the brown sugar. Dot with butter.

Bake for 10 minutes more.

Per Serving (excluding unknown items): 77 Calories; 6g Fat (61.1% calories from fat); trace Protein; 8g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal): 77
% Calories from Fat: 61.1%

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): trace

% Calories from Carbohydrates: 37.1%
 % Calories from Protein: 1.8%
 Total Fat (g): 6g
 Saturated Fat (g): 3g
 Monounsaturated Fat (g): 2g
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 14mg
 Carbohydrate (g): 8g
 Dietary Fiber (g): 2g
 Protein (g): trace
 Sodium (mg): 62mg
 Potassium (mg): 98mg
 Calcium (mg): 23mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 3593IU
 Vitamin A (r.e.): 387 1/2RE

Thiamin B1 (mg): trace
 Riboflavin B2 (mg): trace
 Folic Acid (mcg): 5mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 77 Calories from Fat: 47

% Daily Values*

Total Fat 6g 9%
 Saturated Fat 3g 17%
 Cholesterol 14mg 5%
 Sodium 62mg 3%
 Total Carbohydrates 8g 3%
 Dietary Fiber 2g 7%
 Protein trace

Vitamin A 72%
 Vitamin C 7%
 Calcium 2%
 Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.