



Bangers and Mash Hand Pies

READY IN



45 min.

SERVINGS



14

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown gravy mix dry (from 0.75-oz package)
- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 lb sausage meat
- ☐ 2 tablespoons milk
- ☐ 0.3 cup onion chopped
- ☐ 0.7 cup potatoes dry mashed betty crocker® potato buds® ()
- ☐ 2 boxes pie crust dough refrigerated softened pillsbury®

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

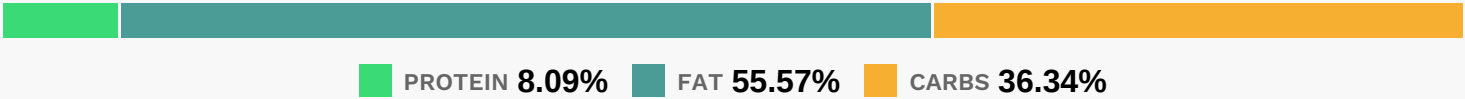
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 425°F.
- ☐ Heat 2/3 cup hot water, butter and salt to boiling in 1-quart saucepan.
- ☐ Remove from heat. Stir in dry potatoes, milk and parsley just until moistened.
- ☐ Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth; set aside.
- ☐ In 8-inch skillet, cook sausage and onion over medium heat, stirring occasionally, until meat is no longer pink.
- ☐ Drain if necessary.
- ☐ In small bowl, mix 1 tablespoon gravy mix and 1/3 cup water.
- ☐ Add to skillet. Simmer until mixture thickens, stirring constantly. Set aside to cool.
- ☐ Unroll pie crusts. With 3 1/2-inch round cutter, cut 7 rounds from each crust. Spoon about 1 tablespoon mashed potatoes in center of each of 14 rounds; press to flatten slightly. Top potatoes on each with about 1 tablespoon meat mixture.
- ☐ Brush edges of topped pastry with water.
- ☐ Place remaining pastry rounds on top of meat mixture. Pinch edges to seal.
- ☐ Place on ungreased cookie sheets. Using sharp knife, cut 3 slits in top of each pastry.
- ☐ Brush tops with beaten egg.
- ☐ Bake 9 to 12 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:6.0678260689196%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 332.75kcal (16.64%), Fat: 20.4g (31.38%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 28.31g (10.3%), Sugar: 0.35g (0.39%), Cholesterol: 23.61mg (7.87%), Sodium: 400.04mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin B1: 0.21mg (14.25%), Manganese: 0.27mg (13.69%), Vitamin B3: 2.42mg (12.11%), Folate: 44.23µg (11.06%), Iron: 1.82mg (10.13%), Vitamin K: 9.14µg (8.7%), Vitamin B2: 0.14mg (8.17%), Phosphorus: 78.32mg (7.83%), Fiber: 1.71g (6.83%), Selenium: 4.31µg (6.15%), Vitamin B6: 0.12mg (5.9%), Zinc: 0.7mg (4.64%), Potassium: 151.44mg (4.33%), Vitamin B5: 0.43mg (4.31%), Magnesium: 14.29mg (3.57%), Copper: 0.07mg (3.46%), Vitamin C: 2.68mg (3.24%), Vitamin B12: 0.18µg (2.97%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.3µg (1.98%), Calcium: 19.46mg (1.95%), Vitamin A: 93.26IU (1.87%)