



Beef and Potato Pie

READY IN



70 min.

SERVINGS



4

CALORIES



264 kcal

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 ribs celery thinly sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 8 ounces ground beef
- ☐ 1.3 cups beef broth low-sodium
- ☐ 1 medium onion chopped
- ☐ 1 baking potatoes thinly sliced
- ☐ 4 servings salt
- ☐ 1 teaspoon butter unsalted melted

- ☐ 2 teaspoons vegetable oil
- ☐ 1 teaspoon worcestershire sauce

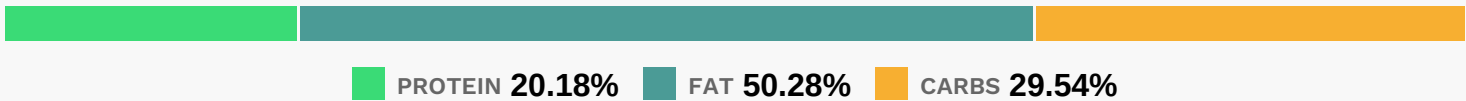
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ pie form

Directions

- ☐ Preheat oven to 375F. Warm oil in a skillet over medium-high heat. Saut garlic for 1 minute.
- ☐ Add beef and saut until no longer pink, about 4 minutes. Stir in onion, celery and carrots; saut for 5 minutes.
- ☐ In a pot, cover potato slices with cold salted water and bring to a boil. Cook until just beginning to soften, 2 to 3 minutes; drain.
- ☐ Sprinkle flour over mixture in skillet; saut for 1 minute.
- ☐ Add broth and Worcestershire sauce. Cook, stirring, until sauce starts to thicken, about 2 minutes.
- ☐ Transfer to a 9-inch pie pan; cover with potato slices.
- ☐ Brush pie with melted butter; sprinkle with salt.
- ☐ Bake until filling is hot and bubbly, about 30 minutes. Turn broiler to high and place pie on a rack about 5 inches from heat source. Broil until potatoes are golden brown, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:73.9, Glycemic Load:11.47, Inflammation Score:-10, Nutrition Score:15.262173922166%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 264.09kcal (13.2%), Fat: 14.83g (22.81%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 17.12g (6.23%), Sugar: 3.39g (3.77%), Cholesterol: 42.94mg (14.31%), Sodium: 430.18mg (18.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.79%), Vitamin A: 5218.84IU (104.38%), Vitamin B6: 0.49mg (24.32%), Potassium: 740.26mg (21.15%), Vitamin B12: 1.22µg (20.26%), Zinc: 2.73mg (18.18%), Vitamin B3: 3.59mg (17.96%), Vitamin K: 16.26µg (15.49%), Selenium: 10.58µg (15.11%), Phosphorus: 151.01mg (15.1%), Manganese: 0.25mg (12.64%), Iron: 2.04mg (11.34%), Vitamin C: 8.39mg (10.17%), Fiber: 2.48g (9.93%), Vitamin B2: 0.16mg (9.49%), Vitamin B1: 0.14mg (9.34%), Folate: 36.73µg (9.18%), Magnesium: 32.11mg (8.03%), Copper: 0.14mg (6.82%), Vitamin B5: 0.64mg (6.42%), Calcium: 48.18mg (4.82%), Vitamin E: 0.72mg (4.78%)