



Beef-and-Spinach Pie

READY IN



45 min.

SERVINGS



45

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 unbaked 9-inch deep-dish pastry pie shell
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large egg yolks
- ☐ 3 large eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 1.3 cups milk
- ☐ 1 cup mushrooms chopped

- ☐ 0.5 small onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup parmesan grated
- ☐ 45 servings salt
- ☐ 45 servings salt and pepper
- ☐ 10 oz pkt spinach frozen dry thawed chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

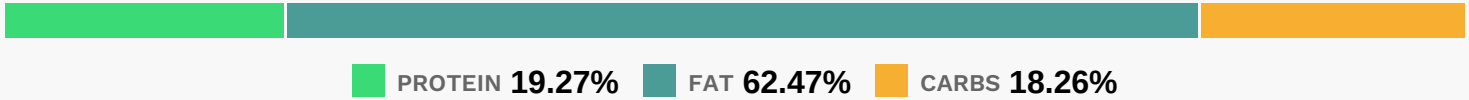
Directions

- ☐ Preheat oven to 400F. Make filling: In a skillet over medium-high heat, saut beef, onion, garlic and mushrooms until beef is no longer pink, 7 minutes.
- ☐ Transfer mixture to a bowl. Stir in spinach, Worcestershire, mustard and cheese. Season with salt and pepper. Set aside.
- ☐ Make topping: Melt butter in a pan over medium heat.
- ☐ Sprinkle in flour and cook, stirring, until pale golden, about 2 minutes.
- ☐ Whisk in milk; bring to a boil, whisking. Cook and whisk until thick and smooth, about 2 minutes.
- ☐ Whisk in Parmesan; season with salt.
- ☐ Lightly beat yolks in a bowl. Slowly whisk in half of sauce.
- ☐ Pour into pan, whisking.

- ☐
- Whisk over medium-low heat until thick, about 2 minutes.

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Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:4.6334783331208%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 79.21kcal (3.96%), Fat: 5.5g (8.47%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.54g (0.6%), Cholesterol: 31.85mg (10.62%), Sodium: 463.09mg (20.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin K: 24.52µg (23.35%), Vitamin A: 817.69IU (16.35%), Selenium: 4.59µg (6.55%), Phosphorus: 55.67mg (5.57%), Vitamin B12: 0.32µg (5.4%), Vitamin B2: 0.08mg (4.9%), Calcium: 46.34mg (4.63%), Folate: 17.72µg (4.43%), Zinc: 0.64mg (4.28%), Manganese: 0.08mg (4.07%), Vitamin B3: 0.7mg (3.51%), Vitamin B6: 0.07mg (3.31%), Iron: 0.58mg (3.23%), Magnesium: 9.94mg (2.49%), Vitamin E: 0.37mg (2.48%), Potassium: 84.46mg (2.41%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.22mg (2.21%), Copper: 0.03mg (1.62%), Vitamin D: 0.22µg (1.5%), Fiber: 0.32g (1.26%)