

Beef Pasties

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups small-diced carrots cooked
- 2 pounds bacon minced cooked drained
- 4 eggs beaten
- 1 tablespoon garlic minced
- 2 pounds ground beef cooked
- 1 teaspoon ground ginger
- 1 tablespoon ground pepper
- 1 teaspoon nutmeg grated

- 1 cup small-diced onion cooked
- 1 cup peas english
- 4 cups small-diced potatoes cooked
- 4 sheets puff pastry
- 1 tablespoon salt

Equipment

- bowl
- oven

Directions

- For the filling: In a bowl, blend the bacon, beef, potatoes, carrots, onions, peas, garlic, salt, pepper, ginger and nutmeg, mixing well, ensuring not to break the peas. Hold cold until construction.
- For the crust: Preheat the oven to 350 degrees F. Portion the pastry in 8 triangles, allowing the dough to soften. Next, brush the interior of the dough with egg wash. Fill with 2 to 3 ounces of filling. Bring the tip of the triangle to the edge to fold the sides and seal the pasties. Press the sides down to seal and bake for 20 to 25 minutes.

Nutrition Facts

PROTEIN 17.95% **FAT 61.42%** **CARBS 20.63%**

Properties

Glycemic Index:48.74, Glycemic Load:45.7, Inflammation Score:-10, Nutrition Score:49.104347519253%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 1647.34kcal (82.37%), Fat: 111.64g (171.76%), Saturated Fat: 34.95g (218.45%), Carbohydrates: 84.33g (28.11%), Net Carbohydrates: 77.62g (28.23%), Sugar: 5.29g (5.88%), Cholesterol: 274.62mg (91.54%), Sodium:

3219.9mg (140%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.43g (146.85%), Selenium: 112µg (160%), Vitamin B3: 23.69mg (118.44%), Vitamin A: 5653.58IU (113.07%), Vitamin B1: 1.35mg (89.76%), Phosphorus: 836.31mg (83.63%), Vitamin B6: 1.46mg (73.06%), Zinc: 9.82mg (65.47%), Vitamin B12: 3.86µg (64.31%), Manganese: 1.15mg (57.59%), Vitamin B2: 0.96mg (56.63%), Potassium: 1613.32mg (46.09%), Iron: 8.18mg (45.42%), Vitamin C: 31.62mg (38.33%), Folate: 152.67µg (38.17%), Vitamin K: 33.87µg (32.26%), Magnesium: 115.19mg (28.8%), Fiber: 6.71g (26.86%), Copper: 0.53mg (26.43%), Vitamin B5: 2.63mg (26.32%), Vitamin E: 2.09mg (13.94%), Calcium: 96.16mg (9.62%), Vitamin D: 1.01µg (6.71%)