



Coal Miners Pasties

 Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 4 cups flour all-purpose
- 10 tablespoons water
- 1.5 cups onion chopped
- 5 potatoes - remove skin red peeled chopped
- 1 tablespoon salt
- 2 pounds top round cut into 1/4 inch cubes
- 3 turnip cubed peeled

- 1.5 cups frangelico
- 1.5 cups frangelico

Equipment

- bowl
- oven
- cake form
- spatula

Directions

- Place the flour, 2 teaspoons of salt, and the lard in a bowl. Quickly rub the lard into the flour with your fingertips until it resembles small peas.
- Pour in the ice water, and form into a ball.
- Add more water if it feels too dry. Divide the dough into 6 balls, and wrap in plastic. Chill one hour.
- In a bowl, combine the meat, turnips, potatoes, onions, remaining 1 tablespoon salt, and pepper.
- Preheat the oven to 400 degrees F (205 degrees C).
- Roll out one of the balls on a floured surface to about 1/4 inch thick. Using a cake pan, trace a 9 inch circle in the dough; cut out the circle.
- Place about 1 1/2 cups of the meat mixture into the middle of the circle. Fold the edges of the circle up to meet along the top of the meat filling, and crimp the dough along the top to seal. Repeat until all dough is used up. With a spatula, transfer the pasties to an ungreased sheet.
- Bake the pasties for 45 minutes, or until golden.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:48.93, Inflammation Score:-8, Nutrition Score:38.26956510803%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 656.54kcal (32.83%), Fat: 6.27g (9.65%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 99.69g (33.23%), Net Carbohydrates: 92.56g (33.66%), Sugar: 6.53g (7.26%), Cholesterol: 92.23mg (30.74%), Sodium: 1336.91mg (58.13%), Alcohol: 0g (100%), Protein: 47.96g (95.92%), Selenium: 78.02µg (111.45%), Vitamin B3: 17.65mg (88.27%), Vitamin B6: 1.47mg (73.45%), Vitamin B1: 0.98mg (65.65%), Phosphorus: 565.55mg (56.56%), Folate: 222.42µg (55.61%), Zinc: 8.32mg (55.47%), Manganese: 1.02mg (50.93%), Iron: 8.45mg (46.95%), Potassium: 1640.34mg (46.87%), Vitamin B2: 0.72mg (42.27%), Vitamin C: 31.03mg (37.62%), Vitamin B12: 2.04µg (34.02%), Copper: 0.6mg (29.82%), Fiber: 7.13g (28.52%), Magnesium: 106.74mg (26.69%), Vitamin B5: 2.06mg (20.63%), Calcium: 93.96mg (9.4%), Vitamin K: 7.98µg (7.6%), Vitamin E: 0.54mg (3.57%)