

Cornish Pastie II

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 pinch ground pepper black
- 0.5 cup onion sliced
- 2 cups potatoes thinly sliced
- 0.5 pound round steak thinly sliced cut in 1/2 inch pie
- 1.5 teaspoons salt

Equipment

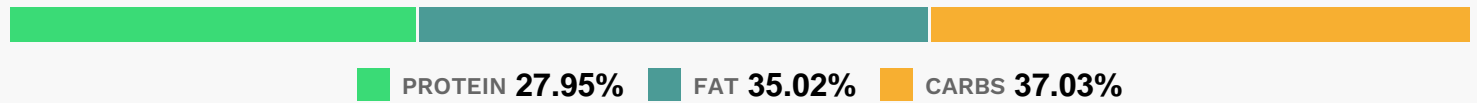
- baking sheet

oven

Directions

- Divide pastry in three equal parts.
- Roll 1/3 to make 8x15 inch rectangle. Trim edges and cut to make two 7-inch squares.
- Place on baking sheet. Repeat with other two thirds of pastry.
- Arrange layer of potatoes on half of each pastry square, top with layer of onion and then with meat.
- Sprinkle with salt and pepper and dot with butter.
- Moisten pastry edges with cold water and fold over to make triangles; press edges together to make tight seal. A tight seal retains steam and makes juicy pastries.
- Bake at 375 degrees F (190 degrees C) for 1 hour or until meat is tender.
- Serve hot with chili sauce, ketchup, or pickle relish or serve cold for sandwiches.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:8.1852173286936%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 5.67g (8.72%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 11.72g (4.26%), Sugar: 1.11g (1.24%), Cholesterol: 33.85mg (11.28%), Sodium: 637.66mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin B6: 0.47mg (23.72%), Vitamin C: 14.78mg (17.91%), Vitamin B3: 3.36mg (16.82%), Selenium: 11.14µg (15.91%), Phosphorus: 128.83mg (12.88%), Potassium: 448.68mg (12.82%), Zinc: 1.85mg (12.35%), Vitamin B12: 0.72µg (12.04%), Iron: 1.38mg (7.68%), Fiber: 1.77g (7.08%), Magnesium: 27.02mg (6.76%), Manganese: 0.13mg (6.66%), Vitamin B1: 0.1mg (6.55%), Copper: 0.12mg (5.98%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.48mg (4.84%), Folate: 18.79µg (4.7%), Vitamin A: 118.38IU (2.37%), Vitamin K: 2.19µg (2.09%), Calcium: 20.58mg (2.06%), Vitamin E: 0.23mg (1.54%)