

Cornish Pasty

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter diced
- 2 small carrots
- 2.1 cups flour all-purpose
- 2 tablespoons milk
- 1 onion chopped
- 2 potatoes diced peeled
- 1.3 pounds top round beef roast cubed
- 0.3 teaspoon salt

- 6 servings salt and pepper to taste
- 0.5 cup water

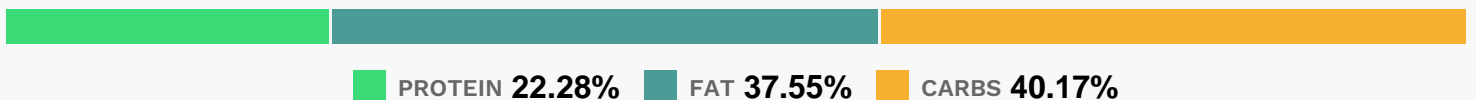
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a small saucepan, cover carrots with water. Bring water to a boil and cook until tender, about 10 minutes.
- Let cool and slice. Sift flour, salt, and baking powder together in a bowl.
- Add butter, and rub to the consistency of coarse crumbs.
- Mix in water. If dough is sticky, add more flour.
- Roll dough out until about 1/4 inch thick.
- Cut out six circles, each about 5 inches round. Do not stretch the dough.
- Mix meat and vegetables together, and salt and pepper to taste. Cover half of each pasty base with the filling. Moisten pastry edges, fold pastry over the filling. Press edges together with a fork.
- Transfer raw pasties to a baking sheet, brush tops with milk, and make a small slit in each top to allow steam out.
- Bake at 450 degrees F (230 degrees C) for 10 minutes. Turn oven down to 350 degrees F (175 degrees C), and bake for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:68.76, Glycemic Load:34.69, Inflammation Score:-10, Nutrition Score:24.436521618263%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 501.27kcal (25.06%), Fat: 20.74g (31.91%), Saturated Fat: 11.52g (72.01%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 46.39g (16.87%), Sugar: 2.49g (2.77%), Cholesterol: 99.86mg (33.29%), Sodium: 556.17mg (24.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.37%), Vitamin A: 3266.95IU (65.34%), Selenium: 41.79µg (59.7%), Vitamin B3: 9.95mg (49.73%), Vitamin B6: 0.89mg (44.73%), Vitamin B1: 0.52mg (34.36%), Phosphorus: 326.8mg (32.68%), Zinc: 4.56mg (30.39%), Vitamin B12: 1.81µg (30.12%), Folate: 111.88µg (27.97%), Iron: 4.72mg (26.24%), Vitamin B2: 0.42mg (24.74%), Manganese: 0.47mg (23.61%), Potassium: 760.85mg (21.74%), Vitamin C: 16.33mg (19.79%), Fiber: 3.54g (14.15%), Magnesium: 53.95mg (13.49%), Copper: 0.25mg (12.56%), Calcium: 93.47mg (9.35%), Vitamin B5: 0.92mg (9.24%), Vitamin K: 6.23µg (5.93%), Vitamin E: 0.87mg (5.81%)