



Cupcake-Tin Pork Pies

 Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



1478 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs
- ☐ 2 eggs beaten
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.8 pound ground pork
- ☐ 1 teaspoon kosher salt
- ☐ 1 medium onion grated peeled
- ☐ 18 inch discs prerolled refrigerated (such as Pillsbury)

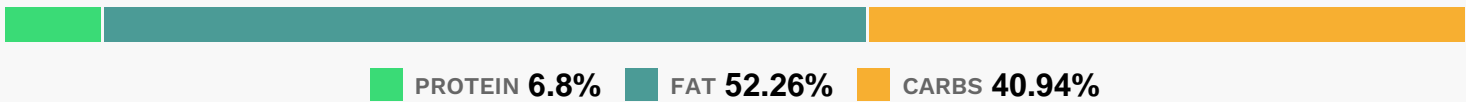
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F.
- ☐ Grease two 6-cup muffin tins with butter.
- ☐ In a large bowl, combine all the ingredients but the dough and 1 tablespoon of the eggs; refrigerate.
- ☐ Unroll the dough and cut out twelve 4-inch circles with a biscuit cutter or the rim of a drinking glass.
- ☐ Reroll the scraps, then cut out 12 more 2-inch circles.
- ☐ Line the bottoms and sides of the tins with the 4-inch rounds.
- ☐ Divide the filling evenly among the cups. Press the 2-inch rounds on top, pinching the edges together to seal.
- ☐ Poke a hole in the center of each pie.
- ☐ Brush with the reserved egg and bake until the tops are browned and puffed slightly, 30 to 35 minutes.
- ☐ Let cool for 15 minutes before removing the pies.
- ☐ Serve warm.
- ☐ Tip
- ☐ You can also make the bottom crusts slightly larger, then use the overhang to wrap over the meat, leaving an opening in the center to vent.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:27.719999992329%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 1478.42kcal (73.92%), Fat: 85.19g (131.06%), Saturated Fat: 27.01g (168.82%), Carbohydrates: 150.15g (50.05%), Net Carbohydrates: 142.23g (51.72%), Sugar: 0.7g (0.77%), Cholesterol: 47.69mg (15.9%), Sodium: 1480.43mg (64.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.84%), Copper: 1.77mg (88.75%), Vitamin B1: 1.08mg (72.32%), Manganese: 1.45mg (72.25%), Folate: 221.43µg (55.36%), Vitamin B3: 9.65mg (48.23%), Iron: 8.48mg (47.11%), Selenium: 27.51µg (39.3%), Vitamin B2: 0.63mg (37.15%), Fiber: 7.92g (31.66%), Phosphorus: 290.53mg (29.05%), Vitamin K: 22.39µg (21.33%), Vitamin B5: 1.55mg (15.54%), Zinc: 2.16mg (14.4%), Vitamin B6: 0.29mg (14.39%), Magnesium: 55.12mg (13.78%), Potassium: 407.97mg (11.66%), Vitamin E: 1.46mg (9.76%), Calcium: 79.19mg (7.92%), Vitamin B12: 0.28µg (4.66%), Vitamin C: 0.88mg (1.06%)