



Curry Beef Samosa Pie

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



631 kcal

Ingredients

- ☐ 1.8 lb baking potatoes
- ☐ 0.5 cup beef broth
- ☐ 35.5 teaspoons curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 lb ground beef
- ☐ 2 tablespoons olive oil
- ☐ 3 cups onion finely chopped
- ☐ 5.5 cups peas sweet frozen thawed (from 12-oz bag)

- ☐ 2 teaspoons hot sauce red
- ☐ 1 pie crust dough refrigerated softened
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ kitchen towels
- ☐ pot holder

Directions

- ☐ Heat oven to 425F. Pierce potatoes on all sides with fork.
- ☐ Place on microwavable paper towel in microwave oven. Microwave uncovered on High 15 minutes, turning once, until tender when gently squeezed using pot holder. Cover with clean kitchen towel; let stand 5 minutes. Peel and mash potatoes, leaving some chunks; set aside.
- ☐ Meanwhile, in 12-inch ovenproof skillet, heat oil over medium high heat. Cook onion in oil 5 minutes, stirring occasionally, until soft.
- ☐ Add garlic; cook 1 minute.
- ☐ Add beef and curry powder; cook 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked.
- ☐ Drain and return beef mixture to skillet.
- ☐ Stir in mashed potatoes, peas, broth, cilantro, chili paste and salt until well blended.
- ☐ Remove pie crust from pouch; unroll on work surface. Fit crust over top of filling in skillet. With sharp knife, cut holes in crust.
- ☐ Bake 25 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:19.4, Inflammation Score:-8, Nutrition Score:32.537391237591%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg

Nutrients (% of daily need)

Calories: 631.01kcal (31.55%), Fat: 33.53g (51.58%), Saturated Fat: 11.26g (70.35%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 42.28g (15.38%), Sugar: 9.08g (10.09%), Cholesterol: 80.51mg (26.84%), Sodium: 553.26mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Vitamin C: 52.22mg (63.29%), Manganese: 1.15mg (57.57%), Vitamin B6: 1.08mg (53.98%), Fiber: 11.51g (46.04%), Zinc: 6.84mg (45.59%), Vitamin B3: 8.99mg (44.94%), Iron: 7.9mg (43.91%), Phosphorus: 409.1mg (40.91%), Vitamin K: 42.9µg (40.86%), Vitamin B12: 2.44µg (40.62%), Potassium: 1225.08mg (35%), Vitamin B1: 0.51mg (33.8%), Selenium: 22.5µg (32.14%), Folate: 127.27µg (31.82%), Magnesium: 107.49mg (26.87%), Vitamin B2: 0.42mg (24.44%), Copper: 0.46mg (23.17%), Vitamin E: 3.18mg (21.23%), Vitamin A: 887.98IU (17.76%), Calcium: 122.06mg (12.21%), Vitamin B5: 1.15mg (11.45%)