



Curry Beef Samosa Pie

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



762 kcal

Ingredients

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

- ☐ 2 teaspoons hot sauce red
- ☐ 1 teaspoon salt
- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)

Equipment

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

Directions

- ☐ Heat oven to 425°F. 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



 PROTEIN **16.71%**  FAT **48.02%**  CARBS **35.27%**

Properties

Glycemic Index:27.89, Glycemic Load:19.4, Inflammation Score:-9, Nutrition Score:34.447391126467%

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: 762.24kcal (38.11%), Fat: 41.01g (63.1%), Saturated Fat: 13.6g (84.99%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 55.53g (20.19%), Sugar: 9.08g (10.09%), Cholesterol: 80.51mg (26.84%), Sodium: 670.7mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.23%), Manganese: 1.28mg (63.92%), Vitamin C: 52.22mg (63.29%), Vitamin B6: 1.09mg (54.69%), Fiber: 12.23g (48.91%), Vitamin B3: 9.76mg (48.82%), Iron: 8.65mg (48.06%), Zinc: 6.97mg (46.45%), Phosphorus: 429.77mg (42.98%), Vitamin K: 44.99µg (42.85%), Vitamin B12: 2.44µg (40.62%), Vitamin B1: 0.59mg (39.07%), Folate: 147.37µg (36.84%), Potassium: 1252.93mg (35.8%), Selenium: 24.14µg (34.48%), Magnesium: 111.8mg (27.95%), Vitamin B2: 0.46mg (27.31%), Copper: 0.49mg (24.25%), Vitamin E: 3.32mg (22.11%), Vitamin A: 888.27IU (17.77%), Calcium: 127.51mg (12.75%), Vitamin B5: 1.26mg (12.61%)