



Good Old Meat Pie

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef leftover cubed cooked
- ☐ 1.3 cups beef broth
- ☐ 0.3 teaspoon pepper black
- ☐ 1 carrots chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 tablespoons butter
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup peas green frozen
- ☐ 1 potatoes diced

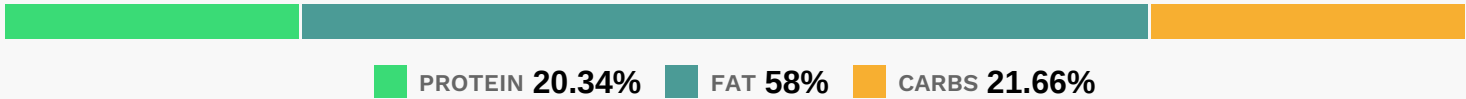
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C). On a lightly floured surface, roll the pie crust out into a 12 inch circle. Set aside.
- ☐ Melt margarine in a saucepan over medium heat.
- ☐ Add potato and onion, and cook until the onion is tender, but not brown.
- ☐ Sprinkle the flour over the mixture, and stir to blend. Season with oregano, black pepper and garlic powder.
- ☐ Pour in the beef broth, and add the peas, carrot and beef. Bring to a boil.
- ☐ Transfer the mixture to a 2 quart casserole dish, and place the pastry over the top.
- ☐ Cut slits for steam, and flute the edges.
- ☐ Place on a baking sheet, and bake for 25 to 30 minutes, or until crust is golden.
- ☐ Let stand 10 minutes before serving to thicken.

Nutrition Facts



Properties

Glycemic Index:79.73, Glycemic Load:14.89, Inflammation Score:-10, Nutrition Score:21.879564927972%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 491.25kcal (24.56%), Fat: 31.49g (48.44%), Saturated Fat: 10.54g (65.9%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 21.99g (8%), Sugar: 4.09g (4.54%), Cholesterol: 79.88mg (26.63%), Sodium: 470.24mg (20.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.68%), Vitamin A: 3206.96IU (64.14%), Vitamin B12: 2.47µg (41.17%), Vitamin B3: 7.47mg (37.33%), Zinc: 5.47mg (36.46%), Vitamin C: 27.4mg (33.21%), Vitamin B6: 0.65mg (32.45%), Selenium: 21.97µg (31.38%), Phosphorus: 283.92mg (28.39%), Iron: 3.95mg (21.97%), Potassium: 759.72mg (21.71%), Manganese: 0.4mg (19.98%), Vitamin B1: 0.29mg (19.55%), Vitamin B2: 0.32mg (18.75%), Fiber: 4.46g (17.83%), Folate: 68.11µg (17.03%), Vitamin K: 15.91µg (15.15%), Magnesium: 52.45mg (13.11%), Copper: 0.22mg (11.24%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1mg (6.66%), Calcium: 59.39mg (5.94%)