



## Hamburger Pie

READY IN



80 min.

SERVINGS



20

CALORIES



120 kcal

### Ingredients

- 2 ribs celery chopped
- 1 large eggs
- 20 servings pastry ) homemade store-bought for 1 double-crust 9-inch pie ( or
- 2 cloves garlic minced
- 1.5 pounds ground beef
- 1 tablespoon olive oil
- 1 medium onion chopped
- 20 servings salt and pepper
- 0.5 cup sharp cheddar shredded
- 8 oz no-salt tomato sauce canned

- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- wooden spoon
- aluminum foil
- slotted spoon

## Directions

- Place rack in lowest position of oven; preheat to 400F. Line a baking sheet with foil.
- Warm oil in a skillet over medium-high heat. Cook beef, breaking up large pieces with a wooden spoon, until no longer pink, about 5 minutes.
- Remove to a bowl using a slotted spoon.
- Drain all but 1 Tbsp. fat from skillet.
- Add onion, carrots and celery; saut until beginning to brown, about 5 minutes.
- Add garlic; saut 1 minute.
- Transfer to bowl with beef; stir in Worcestershire, tomato sauce and Cheddar. Season with salt and pepper.
- Let cool slightly. Beat egg in a bowl with 1 tsp. water.
- Roll out 1 sheet of pastry and fit into a 9-inch pie plate (use aluminum or tempered glass if you intend to freeze).
- Place on lined baking sheet.
- Add meat mixture and spread evenly.
- Roll out second sheet of pastry; place on top of pie. Fold top crust over bottom crust; crimp edges to seal.
- Brush top with egg wash.
- Cut steam vents in top.

Bake for 15 minutes. Reduce oven temperature to 350F; bake until crust is golden and filling bubbles at steam vents, 20 to 25 minutes longer.

## Nutrition Facts

**PROTEIN 24%** **FAT 69.15%** **CARBS 6.85%**

### Properties

Glycemic Index:10.85, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:4.3604348198227%

### Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

### Nutrients (% of daily need)

Calories: 119.79kcal (5.99%), Fat: 9.13g (14.05%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.8g (0.89%), Cholesterol: 36.28mg (12.09%), Sodium: 309.38mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin B12: 0.78µg (13%), Zinc: 1.61mg (10.72%), Selenium: 7.07µg (10.1%), Vitamin B3: 1.62mg (8.11%), Phosphorus: 78.82mg (7.88%), Vitamin B6: 0.14mg (7.03%), Vitamin B2: 0.09mg (5.27%), Iron: 0.92mg (5.1%), Potassium: 158.25mg (4.52%), Calcium: 33.63mg (3.36%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.8µg (2.66%), Magnesium: 9.89mg (2.47%), Copper: 0.04mg (2.2%), Vitamin A: 109.69IU (2.19%), Folate: 8.51µg (2.13%), Manganese: 0.04mg (1.91%), Vitamin C: 1.53mg (1.85%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.35g (1.4%)