



Hunter's-Style Beef Pie

 Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



520 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups carrots sliced (5 medium)
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups less-sodium beef broth fat-free
- ☐ 0.5 cup merlot dry red
- ☐ 1 cup mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion chopped (1 medium)

- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.5 teaspoon salt
- ☐ 1 pound rump steak boneless trimmed cut into 1/2-inch cubes
- ☐ 2 thyme sprigs
- ☐ 2 tablespoons no-salt-added tomato paste
- ☐ 3 tablespoons water
- ☐ 1 tablespoon worcestershire sauce low-sodium

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add steak, onion, and garlic; cook 5 minutes or until steak is browned.
- ☐ Add beef broth and next 3 ingredients to pan; stir well to combine. Bring to a boil; reduce heat, and simmer, uncovered, 25 minutes, stirring occasionally.
- ☐ Stir in carrot, mushrooms, and thyme; cover and simmer 30 minutes.
- ☐ Combine flour and water in a small bowl, stirring with a whisk; add to steak mixture in pan. Cook over medium heat 2 minutes or until thick.
- ☐ Remove and discard thyme; stir in salt and pepper.
- ☐ Preheat oven to 425
- ☐ Spoon steak filling into a 9-inch deep-dish pie plate coated with cooking spray. Unroll pie dough; cut small slits in center to vent, and place over filling. Fold edges under; flute.
- ☐ Bake at 425 for 17 to 18 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:55.47, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:21.602173939995%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

Nutrients (% of daily need)

Calories: 519.93kcal (26%), Fat: 24.54g (37.76%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 42.85g (15.58%), Sugar: 4.76g (5.29%), Cholesterol: 46.12mg (15.37%), Sodium: 741.15mg (32.22%), Alcohol: 2.1g (100%), Alcohol %: 0.77% (100%), Protein: 23.83g (47.66%), Vitamin A: 5447.52IU (108.95%), Vitamin B3: 8.81mg (44.07%), Selenium: 26.36µg (37.66%), Vitamin B6: 0.63mg (31.65%), Phosphorus: 255.34mg (25.53%), Manganese: 0.5mg (25.2%), Zinc: 3.76mg (25.1%), Potassium: 755.34mg (21.58%), Vitamin B1: 0.32mg (21.57%), Iron: 3.87mg (21.51%), Folate: 82.74µg (20.69%), Vitamin B2: 0.32mg (19.05%), Fiber: 4g (15.98%), Vitamin B12: 0.91µg (15.1%), Vitamin K: 12.77µg (12.16%), Vitamin B5: 1.19mg (11.91%), Copper: 0.23mg (11.39%), Magnesium: 42.13mg (10.53%), Vitamin C: 8.06mg (9.77%), Vitamin E: 1.37mg (9.12%), Calcium: 65.63mg (6.56%)