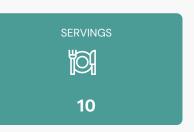


# **Jamaican Beef Patties**

airy Free

READY IN

80 min.





SIDE DISH

# Ingredients

Ш	0.5 cup beef broth
	1 teaspoon curry powder
	1.5 teaspoons curry powder
	1 teaspoon thyme dried
	0.5 cup breadcrumbs dry
	1 eggs beaten

2 cups flour all-purpose

1 pound ground beef

	0.3 cup butter
	2 tablespoons butter
	1 small onion diced finely
	1 teaspoon pepper
	1 dash salt
	1 teaspoon salt
	0.3 cup shortening
	0.3 cup water
Eq	uipment
	bowl
	frying pan
	oven
Di	rections
	Preheat oven to 400 degrees F (200 degrees C). In a large bowl, combine flour, 11/2 teaspoons curry powder, and pinch of salt.
	Cut in 1/4 cup margarine and shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Shape dough into a log, and cut into 10 equal sections.
	Roll each section into a six inch circle (approximately 1/8 inch thick). Set aside.
	Melt margarine in a skillet over medium heat.
	Saute onion until soft and translucent. Stir in ground beef. Season with 1 teaspoon curry powder, thyme, 1 teaspoon salt, and pepper. Cook until beef is evenly brown, stirring constantly. Stir in beef broth and bread crumbs. Simmer until liquid is absorbed.
	Remove from heat.
	Spoon equal amounts of filling into each pastry circle. Fold over and press edges together, making a half circle. Use a fork to press edges, and brush the top of each patty with beaten egg.
	Bake in preheated oven for 30 minutes, or until golden brown.

### **Nutrition Facts**

### **Properties**

Glycemic Index:14.4, Glycemic Load:13.98, Inflammation Score:-5, Nutrition Score:9.8473912373833%

#### **Flavonoids**

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

#### **Nutrients** (% of daily need)

Calories: 346.12kcal (17.31%), Fat: 22.09g (33.98%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.92g (8.34%), Sugar: 0.73g (0.81%), Cholesterol: 48.57mg (16.19%), Sodium: 438.88mg (19.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.03g (24.06%), Selenium: 18.21µg (26.01%), Vitamin B3: 3.88mg (19.42%), Vitamin B1: 0.28mg (18.47%), Vitamin B12: 1.05µg (17.43%), Iron: 2.71mg (15.05%), Zinc: 2.25mg (14.99%), Folate: 59.5µg (14.88%), Manganese: 0.29mg (14.58%), Vitamin B2: 0.24mg (14.25%), Phosphorus: 124.09mg (12.41%), Vitamin B6: 0.19mg (9.44%), Vitamin A: 336.87IU (6.74%), Vitamin E: 0.95mg (6.33%), Vitamin K: 6.56µg (6.24%), Potassium: 197.37mg (5.64%), Fiber: 1.29g (5.16%), Vitamin B5: 0.49mg (4.9%), Magnesium: 19.17mg (4.79%), Copper: 0.09mg (4.62%), Calcium: 34.73mg (3.47%)