



Jamaican Beef Patties

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



346 kcal

SIDE DISH

Ingredients

- 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

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). In a large bowl, combine flour, 1 1/2 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

PROTEIN 14% FAT 57.83% CARBS 28.17%

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, 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: 0g (100%), Alcohol %: 0% (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%)