



Jamie's Cheeseburger Pie

READY IN



45 min.

SERVINGS



5

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg yolk
- ☐ 1 pound ground beef lean
- ☐ 1 sheet puff pastry frozen See Cook's Note
- ☐ 5 slices sharp cheddar
- ☐ 1 tablespoon steak seasoning sauce recommended: Dale's Steak Seasoning Sauce
- ☐ 1 tablespoon steak seasoning recommended: Montreal
- ☐ 0.5 cup onions sweet

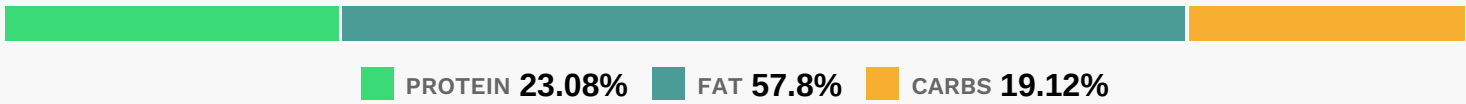
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat the oven to 375 degrees F and preheat the grill.
- ☐ Mix the ground beef, onion, steak seasoning, and seasoning sauce together (using your hands is the most efficient way to do this). Form into 5 small flat patties. Grill the hamburgers to medium-well. (You may also pan-fry the patties.)
- ☐ Remove from the grill and top each burger with a slice of cheese of your choice.
- ☐ Roll the puff pastry sheet to flatten slightly.
- ☐ Cut it into 5 relatively even rectangles.
- ☐ Cover each burger with a piece of puff pastry and wrap it around the bottom, pinching all of the edges to seal.
- ☐ Place on an un-greased baking sheet, pinched side down.
- ☐ Whisk together the egg yolk and 1 teaspoon water to make an egg wash.
- ☐ Brush each wrapped pastry with the egg wash.
- ☐ Bake for about 15 minutes, until the puff pastry is nice and brown.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:12.15, Inflammation Score:-5, Nutrition Score:18.728695542916%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.32mg, Quercetin:

2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 530.14kcal (26.51%), Fat: 33.81g (52.02%), Saturated Fat: 12.54g (78.37%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 24.11g (8.77%), Sugar: 1.33g (1.48%), Cholesterol: 123.13mg (41.04%), Sodium: 368.44mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.76%), Selenium: 37.78µg (53.97%), Zinc: 6.06mg (40.39%), Vitamin B12: 2.4µg (39.98%), Phosphorus: 358.36mg (35.84%), Vitamin B3: 7.11mg (35.55%), Vitamin B2: 0.43mg (25.5%), Calcium: 234.8mg (23.48%), Iron: 4.16mg (23.13%), Vitamin B6: 0.44mg (21.99%), Vitamin K: 21.79µg (20.76%), Manganese: 0.37mg (18.74%), Vitamin B1: 0.26mg (17.16%), Folate: 59.78µg (14.94%), Potassium: 399.24mg (11.41%), Magnesium: 40.56mg (10.14%), Vitamin B5: 0.82mg (8.21%), Copper: 0.16mg (8.01%), Vitamin A: 375.23IU (7.5%), Vitamin E: 0.85mg (5.64%), Fiber: 1.06g (4.24%), Vitamin D: 0.45µg (3.02%), Vitamin C: 0.96mg (1.16%)