



Lamb pizza pies

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion chopped
- ☐ 350 g lamb minced
- ☐ 1 tsp ground cinnamon
- ☐ 50 g walnut pieces chopped
- ☐ 1 large handful mint leaves roughly chopped
- ☐ 145 g bette hagan's pizza/french bread flour mix
- ☐ 2 tomatoes sliced

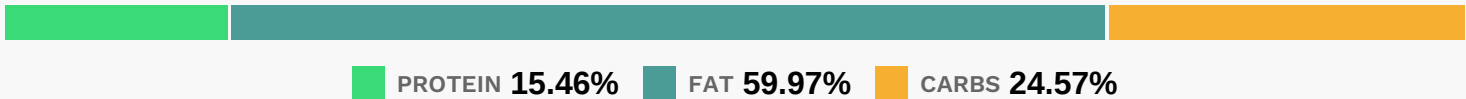
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Heat the oil in a large pan then fry the onion, mince and cinnamon over a high heat for 5 mins until the mince is browned. Take off the heat, season, then stir in the walnuts and mint.
- ☐ Prepare the pizza mix according to pack instructions, but ignore the rising stage. Divide into 4 and pat into small circles on a baking sheet. Spoon the mince mixture over one half of each circle, place 2 tomato slices on top, then fold the dough over. Press the edges to seal, slash the top 3 times then bake for 10–15 mins, until the dough is golden and cooked through.
- ☐ Serve with tzatziki and a green salad.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:16.241739172003%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 517.57kcal (25.88%), Fat: 34.76g (53.47%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 29.05g (10.57%), Sugar: 3.68g (4.09%), Cholesterol: 63.88mg (21.29%), Sodium: 331.96mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Iron: 10.02mg (55.68%),

Vitamin B12: 2.02µg (33.69%), Manganese: 0.66mg (33.07%), Vitamin B3: 5.77mg (28.83%), Selenium: 17.17µg (24.53%), Zinc: 3.53mg (23.52%), Phosphorus: 201.61mg (20.16%), Copper: 0.34mg (16.79%), Vitamin B2: 0.22mg (13.05%), Vitamin B6: 0.25mg (12.67%), Vitamin C: 10.23mg (12.39%), Potassium: 429.21mg (12.26%), Magnesium: 47.83mg (11.96%), Fiber: 2.99g (11.95%), Vitamin B1: 0.17mg (11.38%), Vitamin A: 559.54IU (11.19%), Folate: 41.73µg (10.43%), Vitamin K: 10.73µg (10.22%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.72mg (7.22%), Calcium: 45.4mg (4.54%)