



Meat Pie

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 clove garlic chopped
- ☐ 0.5 pound ground beef
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 pound ground pork
- ☐ 0.5 teaspoon ground mustard

- ☐ 0.5 cup onion chopped
- ☐ 1 medium potatoes cubed peeled
- ☐ 15 ounce pie crusts refrigerated
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

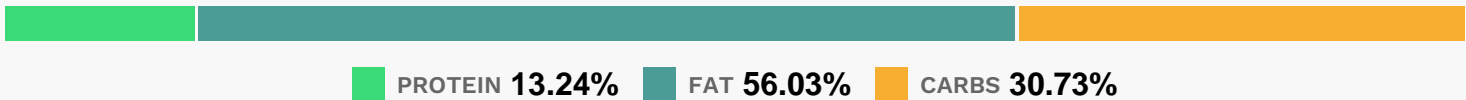
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C).
- ☐ Place the potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 5 minutes.
- ☐ Drain, mash, and set aside.
- ☐ Meanwhile, crumble the ground beef and pork into a large saucepan, and add the garlic, onion and water. Season with mustard powder, thyme, cloves and salt. Cook over medium heat, stirring to crumble the meat and mix in the spices, until the meat is evenly browned.
- ☐ Remove from the heat, and mix in the mashed potato.
- ☐ Place one of the pie crusts into a 9 inch pie plate. Fill with the meat mixture, then top with the other pie crust. Prick the top crust a few times with a knife to vent steam. Crimp around the edges using the tines of the fork, and remove any excess dough. Cover the edges of the pie crust with aluminum foil.
- ☐ Bake for 25 minutes in the preheated oven, or until the crust has browned.
- ☐ Serve by itself, or with a beef gravy.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:10.377826092036%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 415.32kcal (20.77%), Fat: 25.63g (39.43%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 29.46g (10.71%), Sugar: 0.64g (0.72%), Cholesterol: 40.54mg (13.51%), Sodium: 545.59mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin B1: 0.39mg (26.24%), Selenium: 14.68µg (20.96%), Vitamin B3: 4.17mg (20.84%), Manganese: 0.35mg (17.54%), Vitamin B6: 0.32mg (16.01%), Phosphorus: 152.27mg (15.23%), Zinc: 2.16mg (14.39%), Iron: 2.52mg (13.99%), Vitamin B12: 0.81µg (13.42%), Vitamin B2: 0.21mg (12.42%), Folate: 47.18µg (11.8%), Potassium: 339.65mg (9.7%), Fiber: 2.16g (8.66%), Vitamin C: 6.26mg (7.59%), Magnesium: 26.3mg (6.57%), Vitamin B5: 0.64mg (6.41%), Vitamin K: 6.26µg (5.96%), Copper: 0.11mg (5.34%), Calcium: 27.53mg (2.75%), Vitamin E: 0.38mg (2.55%)