



Mini Stout Pies

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



340 kcal

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 6 oz ground beef 80% lean (at least)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 0.5 cup peas sweet frozen thawed
- ☐ 1 box pie crust dough refrigerated softened

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup porter
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce

Equipment

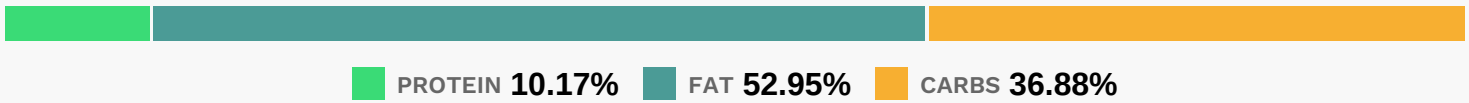
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ In 10-inch skillet, heat oil over medium-high heat.
- ☐ Add beef; season with 1/2 teaspoon salt. Cook 3 to 5 minutes until browned, stirring frequently to break up beef.
- ☐ Add onions and carrot; cook 3 to 5 minutes or until softened. Stir in peas, thyme and garlic; cook 1 minute.
- ☐ Reduce heat to medium-low. Stir in tomato paste.
- ☐ Add flour; cook and stir 1 minute.
- ☐ Add beer; cook and stir 1 minute or until beer thickens. Stir in Worcestershire sauce and sugar. Season to taste with additional salt.
- ☐ Remove from heat; cool 10 minutes.
- ☐ Meanwhile, heat oven to 375F. Line cookie sheet with foil.

- ☐ Unroll pie crusts on work surface. Using 4-inch round cookie cutter, cut 8 crust rounds.
- ☐ In small bowl, beat egg and water with fork until well blended.
- ☐ Brush small amount of egg mixture around edge of each crust round.
- ☐ Spoon 1 to 2 tablespoons cooled beef mixture onto half of each crust round. Fold untopped crust over beef mixture (pies will be full). Press edges with fork to seal. With knife, cut 3 small slits in tops.
- ☐ Place on cookie sheet.
- ☐ Bake 18 to 24 minutes or until golden brown. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:47.91, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:9.2117390580799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 340.42kcal (17.02%), Fat: 19.66g (30.25%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 28.33g (10.3%), Sugar: 2.59g (2.87%), Cholesterol: 35.56mg (11.85%), Sodium: 404.46mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin A: 1479.41IU (29.59%), Manganese: 0.32mg (16.12%), Vitamin B3: 2.67mg (13.37%), Vitamin B1: 0.2mg (13.16%), Folate: 52.42µg (13.11%), Iron: 2.21mg (12.29%), Selenium: 8.48µg (12.12%), Phosphorus: 102.83mg (10.28%), Vitamin B2: 0.17mg (10.23%), Fiber: 2.48g (9.92%), Zinc: 1.38mg (9.2%), Vitamin B12: 0.5µg (8.4%), Vitamin K: 8.73µg (8.32%), Vitamin B6: 0.16mg (8.18%), Vitamin C: 6.63mg (8.04%), Potassium: 220.78mg (6.31%), Vitamin E: 0.78mg (5.22%), Magnesium: 19.39mg (4.85%), Copper: 0.09mg (4.74%), Vitamin B5: 0.46mg (4.6%), Calcium: 29.44mg (2.94%)