



## Pennsylvania Dutch Meat Pies

READY IN



75 min.

SERVINGS



30

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons dijon mustard
- 1 large eggs
- 2 cloves garlic minced
- 4 cups cabbage green finely chopped
- 1 pound ground beef
- 1 tablespoon olive oil
- 1 medium onion chopped
- 4 sheets puff pastry refrigerated frozen thawed
- 30 servings salt and pepper

- 1 cup sharp cheddar shredded

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wooden spoon

## Directions

- Warm oil in a skillet over medium heat.
- Add onion; saut until tender and golden, 6 to 8 minutes.
- Add garlic; saut 1 minute longer.
- Add beef and cook, stirring and breaking up large pieces with the back of a wooden spoon, until no longer pink, about 5 minutes. Stir in cabbage; cook until wilted and soft, about 10 minutes.
- Remove skillet from heat and stir in mustard and Cheddar. Season with salt and pepper.
- Let cool completely.
- Line 2 baking sheets with parchment.
- Remove puff pastry from refrigerator 1 sheet at a time. Unroll pastry on a floured work surface and cut into 4 5-by-5-inch squares.
- Place 1/4 cup of meat mixture in center of each square, leaving a 1-inch border. Fold into triangles; seal edges with a fork.
- Place at least 2 inches apart on baking sheets; refrigerate. Repeat with remaining pastry and filling. Refrigerate pies for 30 minutes.
- Put racks in lowest positions in oven; preheat to 425F. In a bowl, whisk egg with 1 tsp. water.
- Brush top of pies with egg wash.
- Bake until puffed and golden, 15 to 20 minutes.

## Nutrition Facts

PROTEIN 10.27% FAT 63.9% CARBS 25.83%

## Properties

Glycemic Index:7.2, Glycemic Load:8.24, Inflammation Score:-2, Nutrition Score:5.7826087099055%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 245.29kcal (12.26%), Fat: 17.44g (26.83%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.01g (5.46%), Sugar: 0.74g (0.82%), Cholesterol: 20.7mg (6.9%), Sodium: 330.63mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Selenium: 12.34µg (17.62%), Vitamin K: 13.04µg (12.42%), Vitamin B3: 2.04mg (10.2%), Vitamin B1: 0.15mg (9.93%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.14mg (8.53%), Folate: 32.93µg (8.23%), Phosphorus: 69.46mg (6.95%), Iron: 1.25mg (6.93%), Zinc: 1mg (6.67%), Vitamin B12: 0.38µg (6.31%), Vitamin C: 3.76mg (4.55%), Vitamin B6: 0.08mg (4.03%), Calcium: 39.56mg (3.96%), Fiber: 0.85g (3.42%), Magnesium: 11.28mg (2.82%), Copper: 0.05mg (2.7%), Potassium: 90.27mg (2.58%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.15mg (1.47%), Vitamin A: 57.37IU (1.15%)