



Pork Pies with Mustard

READY IN



60 min.

SERVINGS



12

CALORIES



258 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup breadcrumbs stale (preferably made yourself from bread)
- ☐ 2 eggs beaten for egg wash
- ☐ 12 servings pie crust dough for 2 pie crusts, either home-made or purchased
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 1 lb ground pork
- ☐ 1 teaspoon mustard plus more for serving
- ☐ 0.5 large onion diced
- ☐ 1 teaspoon salt

☐ 0.8 cup sharp cheddar cheese shredded

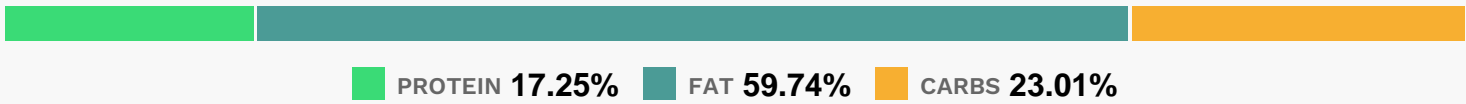
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F. Grease a 12 cup muffin tin.
- ☐ In a large bowl, combine pork, cheese, thyme, sage, salt, pepper, 1 teaspoon mustard, bread crumbs, and all but 1 tablespoon eggs. Set aside
- ☐ Roll out pie dough. Use a 4-inch biscuit cutter to cut 12 circles out of dough.
- ☐ Place each 4-inch circle in the bottom of a cupcake holder.
- ☐ Roll out the remaining dough.
- ☐ Cut twelve 2-inch circles out of remaining dough. If you have scraps, keep those as well.
- ☐ Fill each cupcake holder with pork filling. Top with a 2-inch circle of dough. Press together with bottom disk of dough. There should be some spaces between the two disks of dough, but if they are mostly sealed, then use a fork to poke a few holes in the top circle of dough to let steam escape.
- ☐ Add a few drops of water to the remaining egg.
- ☐ Brush the egg wash over the tops of the pies.
- ☐ Bake until dough is golden brown, about 30 minutes.
- ☐ Serve with mustard on the side.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:11.073913061101%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 257.88kcal (12.89%), Fat: 16.94g (26.07%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 13.69g (4.98%), Sugar: 0.6g (0.67%), Cholesterol: 61.56mg (20.52%), Sodium: 396.34mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Copper: 1.57mg (78.75%), Vitamin B1: 0.39mg (25.94%), Selenium: 16.07µg (22.96%), Phosphorus: 138.94mg (13.89%), Vitamin B3: 2.54mg (12.71%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.22mg (11.13%), Vitamin B6: 0.19mg (9.41%), Zinc: 1.38mg (9.21%), Calcium: 79.43mg (7.94%), Iron: 1.43mg (7.94%), Vitamin B12: 0.42µg (7.01%), Folate: 28µg (7%), Vitamin B5: 0.52mg (5.17%), Potassium: 170.06mg (4.86%), Magnesium: 17.85mg (4.46%), Fiber: 1g (3.99%), Vitamin A: 141.82IU (2.84%), Vitamin K: 2.21µg (2.1%), Vitamin C: 1.66mg (2.02%), Vitamin E: 0.23mg (1.57%), Vitamin D: 0.19µg (1.26%)