



## Savory Beef Pies

 Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



201 kcal

### Ingredients

- 1 garlic clove minced
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 pound ground round
- 3 tablespoons olive oil
- 1 medium onion diced
- 1 teaspoon pepper freshly ground
- 2 tablespoons potato flakes instant mashed
- 30 ounce piecrusts refrigerated

- 1 teaspoon salt
- 0.3 cup water hot

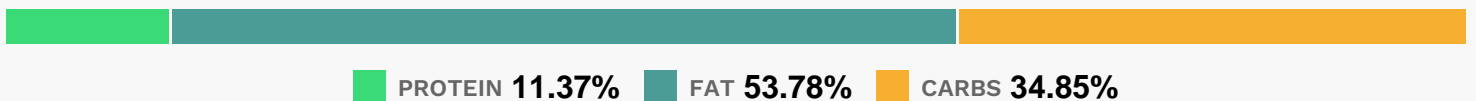
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Saut onion in hot oil in a large skillet over medium-high heat 5 minutes.
- Add garlic, and cook 1 minute.
- Add beef; cook, stirring often, until meat crumbles and is no longer pink.
- Drain, cool, and set aside.
- Stir together potato flakes and 1/4 cup hot water until smooth.
- Add potato, cinnamon, and next 3 ingredients to beef mixture, stirring until blended.
- Roll piecrusts into 12-inch circles; cut each crust into 6 (4-inch) circles.
- Roll out enough remaining crust to make 2 more (4-inch) circles.
- Spoon 1 rounded tablespoonful of beef mixture onto half of each pastry circle. Moisten edges with water; fold pastry over filling, pressing edges with a fork to seal.
- Place pies on ungreased baking sheets.
- Bake at 400 for 15 minutes or until lightly browned.
- Serve warm with chutney, if desired.
- Note: Meat mixture may be frozen up to 3 months. Thaw in refrigerator and prepare pies as directed.

## Nutrition Facts



## Properties

Glycemic Index:3.62, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:4.3017390919444%

## Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 200.71kcal (10.04%), Fat: 11.9g (18.31%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 16.34g (5.94%), Sugar: 0.22g (0.25%), Cholesterol: 11.34mg (3.78%), Sodium: 236.33mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin B3: 1.85mg (9.23%), Manganese: 0.18mg (9.19%), Vitamin B1: 0.11mg (7.39%), Iron: 1.29mg (7.16%), Selenium: 4.96µg (7.08%), Zinc: 1mg (6.68%), Vitamin B12: 0.39µg (6.43%), Folate: 25.3µg (6.32%), Phosphorus: 59mg (5.9%), Vitamin B2: 0.09mg (5.03%), Vitamin B6: 0.1mg (4.81%), Fiber: 1.01g (4.05%), Vitamin K: 3.78µg (3.6%), Potassium: 108.28mg (3.09%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.67%), Magnesium: 9.83mg (2.46%), Copper: 0.04mg (2.13%), Vitamin C: 1.27mg (1.54%), Calcium: 10.79mg (1.08%)