



## Savory Feta Pies

READY IN



50 min.

SERVINGS



4

CALORIES



774 kcal

### Ingredients

- 0.3 teaspoon ground pepper
- 1 eggs beaten
- 1 cup feta cheese
- 1 teaspoon garlic powder
- 0.5 teaspoon ground coriander
- 1 pound ground beef lean
- 1 tablespoon olive oil
- 1 small onion sliced
- 1 teaspoon oregano dried
- 2 9-inch pie crust dough frozen thawed ()

- 4 servings salt and pepper to taste
- 1 small tomatoes diced

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oil in a large skillet over medium high heat.
- Saute onion until soft, about 2 minutes.
- Add beef and brown slightly; drain excess fat. Stir in tomato, garlic powder, coriander, oregano, cayenne pepper, salt and pepper and cook until meat is evenly browned, 10 to 15 minutes.
- Remove from heat and set aside.
- Preheat oven to 400 degrees F (200 degrees C).
- Remove one pie crust from pan and roll out on a lightly floured surface.
- Cut pastry into four 6 inch circles; place circles on lined cookie sheet and lightly brush with egg beat.
- Place 1/4 cup of feta cheese onto each circle and top with some beef mixture, leaving enough room to seal dough 'pockets'.
- Remove second pie crust from pan and roll out on lightly floured surface.
- Cut pastry into four 6 inch circles, as with first pie crust.
- Brush one side of each circle with egg beat and place, egg-side-down, on top of prepared pie circles. Pinch crusts together to seal around the edges. Use dough scraps to fill any holes or tears in the pie 'pockets'.
- Brush tops with egg beat and make a small slit in the top of each pie (to allow steam to escape).
- Bake in the preheated oven for 15 to 25 minutes, or until cooked through and golden brown.

## Nutrition Facts



■ PROTEIN 19.7% ■ FAT 52.24% ■ CARBS 28.06%

## Properties

Glycemic Index:33.5, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:25.389999793923%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

## Nutrients (% of daily need)

Calories: 774.45kcal (38.72%), Fat: 44.5g (68.47%), Saturated Fat: 16.56g (103.47%), Carbohydrates: 53.77g (17.92%), Net Carbohydrates: 50.28g (18.28%), Sugar: 1.43g (1.59%), Cholesterol: 144.6mg (48.2%), Sodium: 1123.36mg (48.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.51%), Vitamin B12: 3.27µg (54.53%), Zinc: 7.56mg (50.42%), Selenium: 34.8µg (49.71%), Vitamin B3: 9.51mg (47.55%), Phosphorus: 460.45mg (46.05%), Vitamin B2: 0.73mg (43.17%), Vitamin B6: 0.73mg (36.61%), Iron: 6.13mg (34.06%), Manganese: 0.56mg (27.77%), Vitamin B1: 0.41mg (27.02%), Folate: 101.25µg (25.31%), Calcium: 237.23mg (23.72%), Potassium: 628.26mg (17.95%), Vitamin B5: 1.72mg (17.16%), Vitamin K: 15.53µg (14.79%), Fiber: 3.49g (13.96%), Magnesium: 55.59mg (13.9%), Vitamin E: 1.72mg (11.5%), Copper: 0.21mg (10.64%), Vitamin A: 469.02IU (9.38%), Vitamin C: 4.58mg (5.55%), Vitamin D: 0.48µg (3.22%)