



Sensational Beef Pie

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



936 kcal

Ingredients

- ☐ 25 ounce stouffer's skillet sensations homestyle beef
- ☐ 0.3 teaspoon pepper
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 cup water

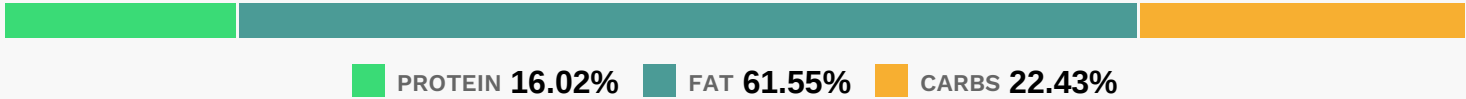
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place beef in a 9-inch microwave-safe pieplate; add 1/4 cup water. Cover with plastic wrap, and microwave at HIGH 6 minutes, stirring after 3 minutes.
- ☐ Sprinkle beef evenly with pepper.
- ☐ Unfold piecrust, and place on top of beef mixture; fold edges under, and crimp.
- ☐ Cut 4 slits in center of crust.
- ☐ Bake at 425 for 18 to 20 minutes or until golden brown.
- ☐ *STOUFFER'S Skillet Sensations Homestyle Chicken or STOUFFER'S Skillet Sensations Lean Cuisine Roasted Turkey may be substituted.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:21.753478398709%

Nutrients (% of daily need)

Calories: 936.2kcal (46.81%), Fat: 63.16g (97.16%), Saturated Fat: 22.27g (139.19%), Carbohydrates: 51.77g (17.26%), Net Carbohydrates: 49.08g (17.85%), Sugar: 0g (0%), Cholesterol: 125.8mg (41.93%), Sodium: 554.29mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.97%), Vitamin B12: 3.79µg (63.2%), Zinc: 7.89mg (52.58%), Vitamin B3: 10.36mg (51.81%), Selenium: 32.64µg (46.63%), Phosphorus: 356.69mg (35.67%), Iron: 6.21mg (34.52%), Vitamin B6: 0.63mg (31.29%), Vitamin B2: 0.44mg (26.07%), Manganese: 0.5mg (25.18%), Vitamin B1: 0.37mg (24.58%), Folate: 86.84µg (21.71%), Potassium: 583.18mg (16.66%), Vitamin B5: 1.32mg (13.22%), Magnesium: 46.43mg (11.61%), Fiber: 2.69g (10.76%), Vitamin K: 11.15µg (10.62%), Copper: 0.19mg (9.59%), Vitamin E: 1.22mg (8.11%), Calcium: 53.09mg (5.31%), Vitamin D: 0.18µg (1.18%)