



Steak Pie

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



561 kcal

Ingredients

- 1 pound stew meat cubed
- 1 eggs
- 1 ounce mushrooms dry
- 1 large onion chopped
- 1 sheet puff pastry frozen thawed
- 1 pinch salt and pepper to taste
- 1 tablespoon vegetable oil
- 1 cup water
- 1 tablespoon water

1 teaspoon worcestershire sauce

Equipment

frying pan

oven

whisk

casserole dish

Directions

Heat the oil in a large skillet over medium-high heat.

Add beef stew meat, and cook until browned on the outside.

Add the onion; cook and stir until tender, about 5 minutes. Stir in the mushroom gravy mix and 1 cup of water. Season with Worcestershire sauce, salt, and pepper. Turn heat to low, and simmer for 20 to 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C).

Transfer the beef mixture to a casserole dish.

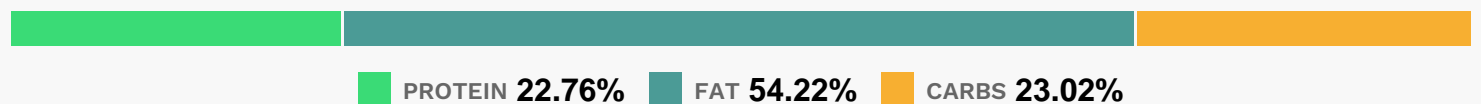
Roll out the puff pastry to cover the top of the casserole dish. Press edges onto the rim of the dish to seal.

Whisk together the egg and 1 tablespoon of water in a small cup using a fork.

Brush over the top of the pastry.

Bake for 20 minutes in the preheated oven, until the pastry is puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:15.83, Inflammation Score:-5, Nutrition Score:20.459565074547%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 560.6kcal (28.03%), Fat: 33.48g (51.51%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 30.24g (11%), Sugar: 2.4g (2.67%), Cholesterol: 111.23mg (37.08%), Sodium: 266.11mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.25%), Selenium: 50.21µg (71.73%), Vitamin B3: 10.55mg (52.76%), Vitamin B6: 0.84mg (41.89%), Vitamin B12: 2.2µg (36.6%), Zinc: 5.33mg (35.53%), Phosphorus: 322.05mg (32.2%), Vitamin B2: 0.43mg (25.44%), Vitamin B1: 0.37mg (24.87%), Iron: 4.28mg (23.8%), Manganese: 0.38mg (19.13%), Folate: 75.85µg (18.96%), Vitamin K: 17.67µg (16.83%), Potassium: 527.53mg (15.07%), Copper: 0.23mg (11.33%), Magnesium: 44.33mg (11.08%), Vitamin B5: 0.82mg (8.15%), Vitamin E: 1.07mg (7.16%), Fiber: 1.73g (6.93%), Calcium: 46.1mg (4.61%), Vitamin C: 2.97mg (3.6%), Vitamin D: 0.25µg (1.66%), Vitamin A: 61.95IU (1.24%)