

Swedish Meat Pies

READY IN



40 min.

SERVINGS



4

CALORIES



1282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 teaspoon dill weed dried
- 2 cups flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground allspice
- 1 pound ground beef
- 1 pinch ground nutmeg
- 0.3 cup onion chopped
- 2 large potatoes red grated

- 1 teaspoon salt
- 0.8 cup shortening
- 2 cups cheddar cheese shredded
- 6 tablespoons cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pastry cutter

Directions

- Melt the butter in a large skillet over medium heat. Crumble in the ground beef and add onion, parsley, allspice, dill, nutmeg and grated potatoes. Cook and stir until the meat is browned.
- Drain any excess grease. Turn off the heat and stir in the cheese until melted. Set aside to cool.
- Preheat the oven to 400 degrees F (200 degrees C).
- In a medium bowl, mix together the flour and salt.
- Mix in the shortening with a fork or pastry cutter until only pea sized lumps remain. Stir in sour cream a little bit at a time until the dough holds together. Knead briefly on a lightly floured surface. Divide into four equal portions, and pat into balls.
- Roll out each ball of dough to about 1/8 inch thickness.
- Place a heaping 1/2 cup of filling onto each one. Fold over into half circles, and seal by moistening the edges with warm water and pressing together.
- Place on a baking sheet.
- Bake for 20 minutes in the preheated oven, until golden brown.

Nutrition Facts



■ PROTEIN 13.47% ■ FAT 61.44% ■ CARBS 25.09%

Properties

Glycemic Index:74, Glycemic Load:35.16, Inflammation Score:-8, Nutrition Score:37.089565339296%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 1282.24kcal (64.11%), Fat: 87.66g (134.86%), Saturated Fat: 33.01g (206.32%), Carbohydrates: 80.55g (26.85%), Net Carbohydrates: 75.4g (27.42%), Sugar: 3.86g (4.29%), Cholesterol: 155.16mg (51.72%), Sodium: 1092.73mg (47.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.25g (86.5%), Selenium: 55.87µg (79.82%), Phosphorus: 637.58mg (63.76%), Vitamin K: 62.74µg (59.75%), Vitamin B3: 10.7mg (53.49%), Zinc: 7.97mg (53.14%), Vitamin B12: 3.07µg (51.16%), Vitamin B1: 0.72mg (48.28%), Vitamin B2: 0.82mg (48.2%), Calcium: 474.92mg (47.49%), Folate: 173.75µg (43.44%), Vitamin B6: 0.77mg (38.49%), Iron: 6.77mg (37.63%), Potassium: 1309.42mg (37.41%), Manganese: 0.74mg (36.82%), Vitamin C: 19.52mg (23.66%), Magnesium: 93.67mg (23.42%), Vitamin E: 3.47mg (23.12%), Copper: 0.44mg (21.96%), Fiber: 5.15g (20.59%), Vitamin B5: 1.94mg (19.37%), Vitamin A: 951.92IU (19.04%), Vitamin D: 0.45µg (3.02%)