



 3%  
HEALTH SCORE

## Tasty Meat Pie

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10.8 ounce condensed vegetable beef soup undiluted canned
- 0.1 teaspoon pepper black
- 4 carrots sliced
- 10.8 ounce cream of mushroom soup canned
- 1 pound ground beef
- 1 onion chopped
- 3 potatoes cubed peeled
- 0.3 teaspoon salt

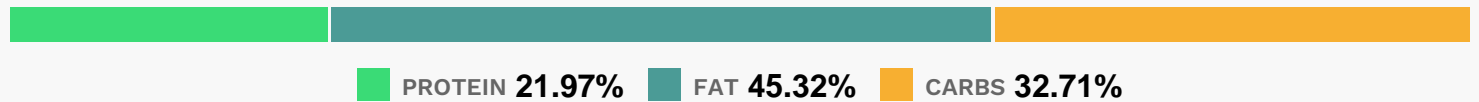
## Equipment

- frying pan
- oven
- wire rack

## Directions

- Preheat oven to 350 degrees F (175 degrees C.)
- In a large skillet, cook the ground beef and chopped onion until meat is no longer pink.
- Remove from heat and drain off excess fat. Stir in the vegetable beef and cream of mushroom soups, the potatoes and carrots. Season with salt and pepper. Divide filling between 2 – 9 inch pie plates.
- Roll pastry to fit the top of each pie. Cover each pie and cut slits in top to allow steam to escape.
- Bake in the preheated oven for 45 to 50 minutes, or until golden brown.
- Let stand on a wire rack for 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.85, Glycemic Load:5.74, Inflammation Score:-9, Nutrition Score:7.8456521941268%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

## Nutrients (% of daily need)

Calories: 123.42kcal (6.17%), Fat: 6.21g (9.55%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.62g (3.13%), Sugar: 1.33g (1.47%), Cholesterol: 21.08mg (7.03%), Sodium: 203.57mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin A: 2548.69IU (50.97%), Vitamin B6: 0.25mg (12.32%), Vitamin C: 9.28mg (11.24%), Vitamin B12: 0.64µg (10.62%), Zinc: 1.56mg (10.39%), Vitamin B3:

1.95mg (9.74%), Potassium: 327.73mg (9.36%), Phosphorus: 80.44mg (8.04%), Manganese: 0.15mg (7.69%), Selenium: 4.42µg (6.32%), Iron: 1.06mg (5.87%), Fiber: 1.46g (5.86%), Copper: 0.11mg (5.42%), Vitamin B2: 0.08mg (4.52%), Magnesium: 17.88mg (4.47%), Vitamin B1: 0.06mg (4.08%), Folate: 13.91µg (3.48%), Vitamin B5: 0.35mg (3.47%), Vitamin K: 3.34µg (3.18%), Calcium: 17.36mg (1.74%), Vitamin E: 0.22mg (1.48%)