



## Tender Beef Pie

 Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



2

CALORIES



1470 kcal

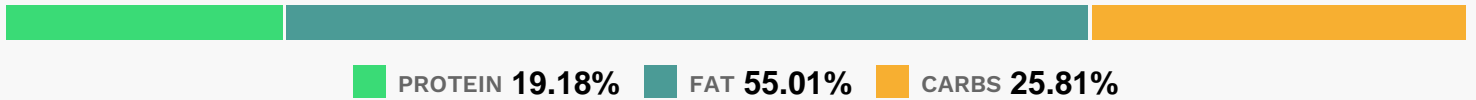
### Ingredients

- 2 teaspoons beef stock
- 450 g beef steaks cubed
- 1 small carrots diced
- 0.5 cup corn kernels
- 1 tablespoon cornstarch mixed with a little water
- 1 teaspoon thyme dried
- 1 eggs slightly beaten
- 1 teaspoon garlic powder
- 1 cup porter dark (or other stout)

- 180 g mushrooms sliced
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- 2 servings olive oil
- 1 onion chopped finely
- 0.8 cup peas
- 1 sheet puff pastry
- 1 tablespoon tomato paste
- 1 tablespoon tomato sauce
- 1 cup water
- 2 teaspoons worcestershire sauce

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:166.58, Glycemic Load:35.95, Inflammation Score:-10, Nutrition Score:57.685652173913%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

## Nutrients (% of daily need)

Calories: 1469.99kcal (73.5%), Fat: 88.92g (136.79%), Saturated Fat: 24.41g (152.54%), Carbohydrates: 93.89g (31.3%), Net Carbohydrates: 83.9g (30.51%), Sugar: 14.89g (16.54%), Cholesterol: 243.84mg (81.28%), Sodium: 780.72mg (33.94%), Protein: 69.75g (139.49%), Selenium: 111.29µg (158.99%), Vitamin B3: 27.58mg (137.89%), Vitamin A: 4910.26IU (98.21%), Vitamin B6: 1.9mg (94.83%), Vitamin B2: 1.59mg (93.5%), Phosphorus: 847.92mg (84.79%), Zinc: 11.67mg (77.78%), Vitamin B1: 1.05mg (70.28%), Manganese: 1.18mg (59.13%), Iron: 10.63mg (59.06%), Folate: 231.24µg (57.81%), Copper: 1.16mg (57.78%), Potassium: 1961.07mg (56.03%), Vitamin K: 58.14µg (55.37%),

Vitamin B12: 3.04µg (50.59%), Vitamin B5: 4.73mg (47.34%), Vitamin C: 35.06mg (42.49%), Fiber: 9.99g (39.95%),  
Magnesium: 128.88mg (32.22%), Vitamin E: 4.5mg (30.02%), Calcium: 142.59mg (14.26%), Vitamin D: 0.8µg (5.33%)