



Tilly's Pastelles



Dairy Free



Popular

READY IN



150 min.

SERVINGS



20

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups flour as needed plus more
- ☐ 1 tsp mint dried
- ☐ 2 egg yolk with 2 tsp water, for egg wash lightly beaten
- ☐ 2 hardboiled eggs diced peeled finely
- ☐ 0.5 cup parsley fresh minced
- ☐ 2 lbs ground beef
- ☐ 0.5 tsp ground cumin
- ☐ 1.5 tsp kosher salt divided as needed plus more

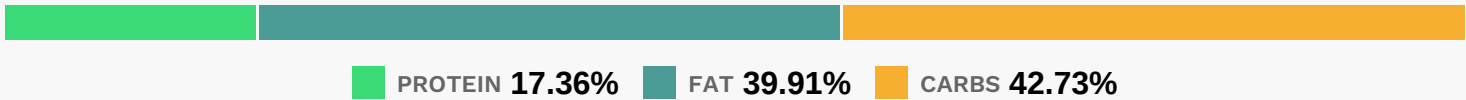
- ☐ 2 cups onion diced finely
- ☐ 2 tsp oregano dried
- ☐ 1 tsp paprika
- ☐ 0.3 tsp pepper black
- ☐ 0.3 cup sesame seed plus more for sprinkling
- ☐ 1 cup vegetable oil divided
- ☐ 3 cups water divided
- ☐ 0.3 cup rice white uncooked

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tilly's Pastelles
- ☐ Ingredients3 cups water, divided1 cup plus 1 tbsp vegetable oil, divided1 1/2 tsp kosher salt, divided, plus more as needed6 cups all purpose flour, plus more as needed1 large onion, finely diced (about 2 cups)2 lbs ground beef2 tsp dried oregano1 tsp dried mint (optional)1 tsp paprika1/2 tsp ground cumin1/4 cup uncooked white rice2 hard boiled eggs, peeled and finely diced1/2 cup minced fresh flat-leaf parsley1/4 cup sesame seeds, plus more for sprinkling1/4 tsp freshly cracked black pepper2 egg yolks lightly beaten with 2 tsp water, for egg wash
- ☐ Total Time: 2 Hours 30 Minutes
- ☐ Servings: 20–24 hand pies
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:14.36, Glycemic Load:22.25, Inflammation Score:-5, Nutrition Score:12.925217436708%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 311.78kcal (15.59%), Fat: 13.64g (20.98%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 32.85g (10.95%), Net Carbohydrates: 31.13g (11.32%), Sugar: 0.89g (0.99%), Cholesterol: 70.3mg (23.43%), Sodium: 216.49mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Selenium: 23.16µg (33.09%), Vitamin K: 30.89µg (29.42%), Vitamin B1: 0.35mg (23.1%), Vitamin B3: 4.32mg (21.59%), Folate: 84.58µg (21.14%), Manganese: 0.38mg (18.79%), Iron: 3.3mg (18.31%), Vitamin B2: 0.3mg (17.77%), Vitamin B12: 1.06µg (17.69%), Zinc: 2.48mg (16.56%), Phosphorus: 148.74mg (14.87%), Vitamin B6: 0.22mg (10.99%), Copper: 0.18mg (9.14%), Fiber: 1.72g (6.88%), Magnesium: 27.49mg (6.87%), Potassium: 220.59mg (6.3%), Vitamin B5: 0.57mg (5.71%), Calcium: 48.55mg (4.85%), Vitamin A: 241.93IU (4.84%), Vitamin C: 3.19mg (3.86%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.25µg (1.68%)