



Uptown Beef Pie

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



631 kcal

Ingredients

- ☐ 9 ounce savory vegetable mixed frozen
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon olive oil
- ☐ 2 large onion coarsely chopped
- ☐ 1 sheet puff pastry pepperidge farm®
- ☐ 12 ounce gravy

Equipment

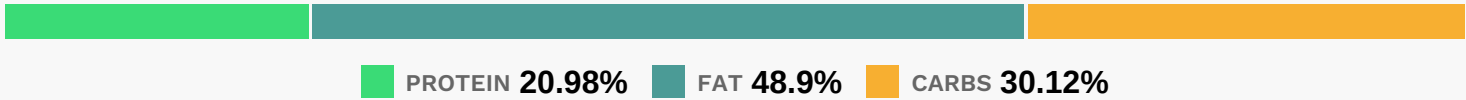
- ☐ frying pan

☐ oven

Directions

- ☐ Thaw pastry sheet at room temperature 30 min. Preheat oven to 400 degrees F.
- ☐ Heat oil in skillet.
- ☐ Add beef, onions and garlic and cook until beef is browned.
- ☐ Pour off fat.
- ☐ Add gravy and vegetables.
- ☐ Heat through.
- ☐ Pour into 9" deep-dish pie plate.
- ☐ Unfold pastry sheet and place over meat mixture. Trim to fit pie plate. Using fork, press edge of pastry to edge of pie plate.
- ☐ Bake 25 min. or until golden.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:19.22, Inflammation Score:-10, Nutrition Score:24.192608740019%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 630.64kcal (31.53%), Fat: 34.35g (52.85%), Saturated Fat: 9.76g (60.97%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 42.85g (15.58%), Sugar: 5.07g (5.64%), Cholesterol: 77.11mg (25.7%), Sodium: 649.98mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.3%), Vitamin A: 3241.19IU (64.82%), Selenium: 35.21µg (50.29%), Vitamin B3: 9.67mg (48.35%), Zinc: 6.51mg (43.43%), Vitamin B12: 2.54µg (42.34%), Phosphorus: 321.05mg (32.11%), Vitamin B6: 0.61mg (30.51%), Manganese: 0.56mg (28.18%), Iron: 5.06mg (28.08%), Vitamin B1: 0.4mg (26.87%), Vitamin B2: 0.43mg (25.32%), Folate: 86.24µg (21.56%), Potassium: 675.6mg (19.3%),

Fiber: 4.75g (19.01%), Vitamin C: 12.18mg (14.77%), Magnesium: 57.63mg (14.41%), Copper: 0.25mg (12.31%), Vitamin K: 12.61µg (12.01%), Vitamin B5: 0.92mg (9.25%), Vitamin E: 1.17mg (7.79%), Calcium: 49.64mg (4.96%)