

Mini Meat Pie

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meat-pie-recipe-puff-pastry>

Ingredients:

- 7 ounces meat 7 ounces minced beef
- 7 ounces minced pork 7 ounces
- 3 3/8 tablespoons olive oil 3 1/3 tablespoons
- 1 onion medium
- 3 cloves garlic
- parsley to taste
- pepper to taste
- 1 egg yolk
- nutmeg to taste
- 1 1/3 pounds puff pastry 1 1/3 pounds
- 3 tomatoes medium ripe
- salt to taste

Nutrition:

1. Calories: 1220 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 125 milligrams
4. Fat: 86 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 24 grams
8. Sodium: 630 milligrams
9. Sugar: 6 grams

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