



30 Minute Shepherd's Pie

READY IN



40 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 2 tablespoons butter
- 1 carrots peeled chopped
- 0.5 cup cup heavy whipping cream for a lighter version substitute vegetable or chicken broth
- 2 tablespoons cream cheese sour softened
- 1 large egg yolk
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley leaves fresh chopped
- 1.8 pounds lamb

- 1 tablespoon olive oil extra-virgin
- 1 onion chopped
- 0.5 cup peas frozen
- 2 pounds potatoes such as russet, peeled and cubed
- 4 servings salt and pepper black freshly ground
- 1 teaspoon paprika sweet
- 2 teaspoons worcestershire

Equipment

- bowl
- frying pan
- whisk
- casserole dish
- broiler

Directions

- Watch how to make this recipe.
- Boil potatoes in salted water until tender, about 12 minutes.
- Drain potatoes and pour them into a bowl.
- Combine sour cream, egg yolk and cream.
- Add the cream mixture into potatoes and mash until potatoes are almost smooth.
- While potatoes boil, preheat a large skillet over medium high heat.
- Add oil to hot pan with beef or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If you are using lamb and the pan is fatty, spoon away some of the drippings.
- Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. In a second small skillet over medium heat cook butter and flour together 2 minutes.
- Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute.
- Add gravy to meat and vegetables. Stir in peas.

- Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve.

Nutrition Facts

PROTEIN 20.16% FAT 55.76% CARBS 24.08%

Properties

Glycemic Index:108.23, Glycemic Load:32.98, Inflammation Score:-10, Nutrition Score:38.645217418671%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 858.71kcal (42.94%), Fat: 53.06g (81.64%), Saturated Fat: 21.31g (133.2%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 44.28g (16.1%), Sugar: 5.82g (6.46%), Cholesterol: 209.76mg (69.92%), Sodium: 497.32mg (21.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Vitamin B6: 1.46mg (73.06%), Vitamin B12: 4.36µg (72.72%), Vitamin C: 57.92mg (70.2%), Vitamin A: 3443.24IU (68.86%), Zinc: 9.6mg (64%), Vitamin B3: 12.26mg (61.29%), Phosphorus: 530.23mg (53.02%), Selenium: 36.16µg (51.66%), Potassium: 1807.82mg (51.65%), Vitamin K: 50.74µg (48.33%), Iron: 6.89mg (38.27%), Vitamin B2: 0.55mg (32.39%), Fiber: 7.28g (29.14%), Manganese: 0.56mg (28.23%), Vitamin B1: 0.41mg (27.21%), Magnesium: 105.24mg (26.31%), Copper: 0.47mg (23.69%), Folate: 88.75µg (22.19%), Vitamin B5: 1.98mg (19.79%), Vitamin E: 1.99mg (13.26%), Calcium: 107.15mg (10.72%), Vitamin D: 0.43µg (2.85%)