






 **22%**  
HEALTH SCORE

## 30 Minute Shepherd's Pie

 **Gluten Free**

READY IN  
  
**30 min.**

SERVINGS  
  
**8**

CALORIES  
  
**594 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

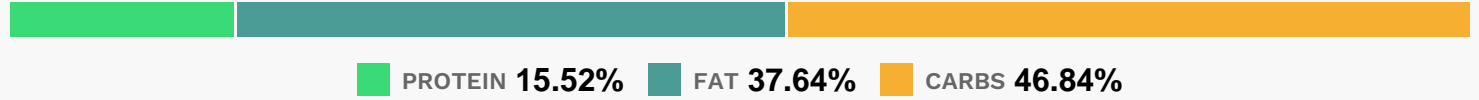
- 15 ounce corn canned
- 15 ounce peas canned
- 1 lb ground beef
- 8 servings paprika
- 6 potatoes
- 8 servings salt
- 0.5 cup butter salted
- 31.5 ounce savory vegetable canned

31.5 ounce savory vegetable canned

0.3 cup milk whole

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:34.59, Glycemic Load:30.18, Inflammation Score:-10, Nutrition Score:32.179565217391%

## Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 593.53kcal (29.68%), Fat: 25.75g (39.61%), Saturated Fat: 12.3g (76.86%), Carbohydrates: 72.08g (24.03%), Net Carbohydrates: 57.18g (20.79%), Sugar: 3.65g (4.06%), Cholesterol: 71.98mg (23.99%), Sodium: 627.72mg (27.29%), Protein: 23.89g (47.78%), Vitamin A: 13508.8IU (270.18%), Vitamin C: 59.76mg (72.43%), Fiber: 14.9g (59.59%), Manganese: 0.97mg (48.47%), Vitamin B6: 0.95mg (47.64%), Potassium: 1481.23mg (42.32%), Vitamin B3: 8.04mg (40.18%), Phosphorus: 387.6mg (38.76%), Vitamin B1: 0.49mg (32.43%), Iron: 5.7mg (31.65%), Folate: 123.85µg (30.96%), Magnesium: 120.98mg (30.24%), Zinc: 4.51mg (30.07%), Copper: 0.5mg (24.92%), Vitamin B2: 0.39mg (22.88%), Vitamin B12: 1.29µg (21.54%), Vitamin K: 17.69µg (16.85%), Selenium: 11.03µg (15.76%), Vitamin B5: 1.27mg (12.73%), Calcium: 117.49mg (11.75%), Vitamin E: 1.18mg (7.84%), Vitamin D: 0.17µg (1.12%)