



Barbecue Beef and Corn Shepherd's Pie

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 0.5 cup spring onion sliced
- 1 cup barbecue sauce
- 11 oz corn whole with red and green peppers, drained canned
- 4 oz chilis green undrained chopped canned
- 4.7 oz potatoes mashed
- 1 serving potatoes for on potato mix pouch
- 0.3 cup cheddar cheese shredded

1 cup corn chips

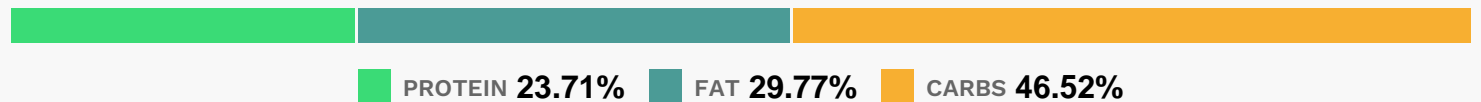
Equipment

frying pan

Directions

- Cook ground beef and 1/4 cup of the onions in 10-inch nonstick skillet over medium-high heat, stirring occasionally, until beef is brown; drain well. Stir in barbecue sauce, 3/4 cup of the corn and the chilies.
- Heat to boiling; reduce heat to low to keep warm.
- Meanwhile, cook potatoes as directed on package using water, milk and butter. Stir in remaining onions and corn; let stand 5 minutes.
- Spoon potatoes onto center of beef mixture, leaving 2 1/2- to 3-inch rim around edge of skillet; sprinkle cheese over potatoes and beef mixture. Cover and let stand about 5 minutes or until cheese is melted.
- Sprinkle corn chips around edge of skillet.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:3.02, Inflammation Score:-5, Nutrition Score:14.201304391674%

Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 346.14kcal (17.31%), Fat: 11.41g (17.55%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 38.08g (13.85%), Sugar: 16.25g (18.05%), Cholesterol: 51.58mg (17.19%), Sodium: 809.47mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Zinc: 4.55mg (30.34%), Vitamin B12: 1.74µg (29.06%), Vitamin B3: 5.37mg (26.84%), Phosphorus: 248.46mg (24.85%), Selenium: 16.39µg (23.42%), Vitamin B6: 0.45mg (22.68%), Vitamin K: 19.8µg (18.85%), Potassium: 595.74mg (17.02%), Vitamin C: 13.61mg (16.49%), Iron: 2.95mg (16.4%), Vitamin B2: 0.21mg (12.23%), Magnesium: 47.95mg (11.99%), Vitamin E: 1.74mg (11.58%), Manganese: 0.21mg (10.42%), Folate: 41.09µg (10.27%), Calcium: 92.59mg (9.26%), Fiber: 2.05g (8.18%),

Copper: 0.16mg (7.8%), Vitamin B5: 0.75mg (7.54%), Vitamin B1: 0.08mg (5.49%), Vitamin A: 261.3IU (5.23%)