



Barbecue Beef and Corn Shepherd's Pie

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 4.7 oz cheese mashed
- 4 oz chilis green undrained chopped canned
- 1 cup corn chips
- 0.5 cup spring onion sliced
- 1 pound ground beef lean
- 0.3 cup cheddar cheese shredded
- 6 servings potatoes for on potato mix pouch

- 11 oz corn whole with red and green peppers, drained canned

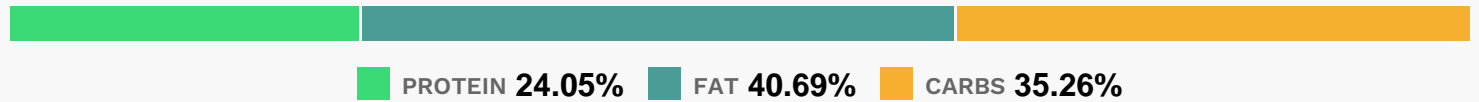
Equipment

- 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:28.29, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:15.885217526685%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 420.29kcal (21.01%), Fat: 18.94g (29.14%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 35.36g (12.86%), Sugar: 16.16g (17.95%), Cholesterol: 73.79mg (24.6%), Sodium: 953.42mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.39%), Zinc: 5.3mg (35.36%), Phosphorus: 337.99mg (33.8%), Vitamin B12: 1.98µg (32.98%), Selenium: 22.62µg (32.31%), Vitamin B3: 5.15mg (25.77%), Calcium: 247.03mg (24.7%), Vitamin B6: 0.41mg (20.29%), Vitamin K: 19.92µg (18.98%), Vitamin B2: 0.3mg (17.59%), Iron: 2.82mg (15.67%), Potassium: 522.86mg (14.94%), Vitamin E: 1.9mg (12.67%), Magnesium: 49.03mg (12.26%), Vitamin C: 9.4mg (11.39%), Folate: 42.33µg (10.58%), Vitamin A: 483.38IU (9.67%), Manganese: 0.18mg (8.9%),

Vitamin B5: 0.78mg (7.82%), Copper: 0.14mg (7.02%), Fiber: 1.58g (6.3%), Vitamin B1: 0.07mg (4.78%), Vitamin D: 0.24µg (1.58%)