



Becca's Custom Turkey Shepherd's Pie

READY IN

ready

65 min.

SERVINGS

servings

16

CALORIES

calories

275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter diced
- ☐ 1 large carrots julienned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 6 large mushrooms fresh quartered
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup green beans canned halved
- ☐ 16 servings ground pepper black to taste

- ☐ 1 pound pd of ground turkey
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 2 9-inch pie crusts whole wheat ()
- ☐ 5 large potatoes red peeled
- ☐ 16 servings salt to taste
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 zucchini sliced

Equipment

- ☐ oven
- ☐ spatula

Directions

- ☐ Boil potatoes until tender. Mash with 3 tablespoons butter or margarine and milk. Season with salt and pepper to taste. Set aside.
- ☐ Saute onion and carrots in olive oil until soft. Stir in ground turkey, parsley, thyme, and garlic. Once turkey is almost browned and broken up, add zucchini and mushrooms. Salt and pepper to taste.
- ☐ Drain. Stir in flour.
- ☐ Divide meat mixture into two whole wheat pie crusts.
- ☐ Sprinkle cheese over meat, if desired.
- ☐ Spread green beans over the cheese.
- ☐ Spread potatoes over all with a spatula; the mashed potatoes act as the top crust. Dot with butter.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 minutes, or until potatoes have browned slightly.

Nutrition Facts



 **PROTEIN 17.23%**  **FAT 35.37%**  **CARBS 47.4%**

Properties

Glycemic Index:28.18, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:12.516521723374%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 10.95g (16.85%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 29.9g (10.87%), Sugar: 2.65g (2.95%), Cholesterol: 23.34mg (7.78%), Sodium: 372.27mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.01%), Vitamin B3: 5.23mg (26.13%), Vitamin B6: 0.51mg (25.28%), Potassium: 732.42mg (20.93%), Phosphorus: 190.45mg (19.04%), Vitamin A: 932.22IU (18.64%), Manganese: 0.34mg (17.12%), Vitamin C: 13.93mg (16.88%), Vitamin K: 16.43µg (15.65%), Selenium: 10.44µg (14.92%), Vitamin B1: 0.21mg (13.81%), Fiber: 3.12g (12.48%), Folate: 49.79µg (12.45%), Copper: 0.23mg (11.71%), Magnesium: 43.89mg (10.97%), Vitamin B2: 0.18mg (10.87%), Iron: 1.94mg (10.78%), Vitamin B5: 0.89mg (8.87%), Zinc: 1.26mg (8.41%), Calcium: 55mg (5.5%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.19µg (1.29%)