



 8%
HEALTH SCORE

Beef Cottage Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

- 1 pound ground beef (with ground turkey) lean
- 0.5 cup onion (diced yellow)
- 0.5 cup celery (diced)
- 1 tablespoon garlic (minced)
- 1 teaspoon thyme (sprigs fresh)
- 2 tablespoons worcestershire sauce
- 1 tablespoon vegetable oil
- 1 cup savory vegetable (frozen)
- 1 cup savory vegetable (frozen)

- 1 cup gravy
- 3 cups potatoes mashed
- 3 tablespoons parmesan finely grated
- 8 servings salt and pepper to taste

Equipment

- frying pan
- oven
- casserole dish
- broiler

Directions

- Preheat oven to 375 degrees.
- In a large skillet, heat oil.
- Add onions, celery, and garlic and cook until they are translucent but not browned approximately 5–6 minutes.
- Remove to a clean dish. In the same skillet, add the ground beef and cook until browned. Using a large spoon, discard any excess fat/grease.
- Add the onions, celery, and garlic mixture back to skillet and stir well.
- Add the worcestershire sauce, thyme and cook for an additional minute.
- Add frozen vegetables and gravy and cook for an additional 2–3 minutes. Season with salt and pepper.
- Cover a large casserole dish with cooking spray.
- Pour the ground beef/vegetable mixture into the dish and spread evenly. Spoon the mashed potatoes on top and carefully spread to create an even layer.
- Sprinkle parmesan cheese all over the top and place the dish in the preheated oven.
- Bake for 25–30 minutes. Turn the oven broiler on and brown the top of the Shepherds Pie until it turns an even golden brown color.
- Remove from the oven and allow to set for 5–10 minutes before serving. Enjoy!

Nutrition Facts

PROTEIN 31.06% FAT 24.58% CARBS 44.36%

Properties

Glycemic Index:41.84, Glycemic Load:12.36, Inflammation Score:-8, Nutrition Score:14.835217391304%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 212.1kcal (10.61%), Fat: 5.86g (9.01%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 19.89g (7.23%), Sugar: 2.07g (2.3%), Cholesterol: 38.79mg (12.93%), Sodium: 483.36mg (21.02%), Protein: 16.65g (33.29%), Vitamin A: 2370.58IU (47.41%), Vitamin C: 22.45mg (27.21%), Vitamin B6: 0.53mg (26.5%), Vitamin B3: 4.59mg (22.96%), Zinc: 3.42mg (22.8%), Vitamin B12: 1.29µg (21.54%), Phosphorus: 205.77mg (20.58%), Potassium: 696.49mg (19.9%), Selenium: 10.94µg (15.64%), Fiber: 3.88g (15.52%), Iron: 2.73mg (15.18%), Manganese: 0.28mg (13.92%), Magnesium: 45.23mg (11.31%), Vitamin B2: 0.18mg (10.32%), Vitamin B1: 0.15mg (10.23%), Copper: 0.19mg (9.54%), Folate: 33.42µg (8.35%), Vitamin B5: 0.71mg (7.15%), Vitamin K: 6.77µg (6.45%), Calcium: 60.44mg (6.04%), Vitamin E: 0.33mg (2.22%)