



Celery Root Shepherd's Pie

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings stew meat
- ☐ 8 servings beets mashed
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 large carrots peeled finely chopped
- ☐ 2 lbs celery root peeled cut into 2-inch pieces
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 1 clove garlic minced

- ☐ 1 pound ground beef
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.3 cup milk 2%
- ☐ 8 ounces mushrooms mixed cleaned sliced
- ☐ 1 pinch nutmeg
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion thinly sliced
- ☐ 0.5 cup parmesan
- ☐ 1 sprig rosemary
- ☐ 2 lbs baking potatoes peeled cut into 2-inch pieces
- ☐ 1 teaspoon water plus more for salting the water
- ☐ 0.3 cup tomato paste

Equipment

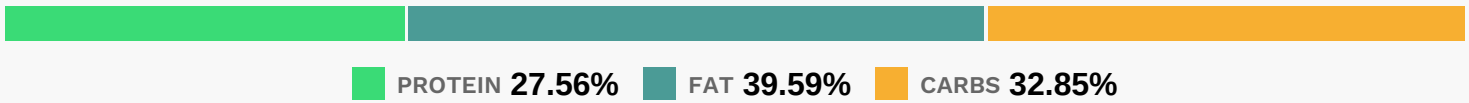
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Place cut potatoes and celery root in large pot; add cold water till covered. Bring to boil, salt generously, cover and simmer until potatoes are easily pierced with fork (10-12 minutes).
- ☐ Drain well; return to pot off the heat to dry.
- ☐ Heat 1 TBSP oil in large skillet over medium-high heat.
- ☐ Add onion, garlic, mushrooms, and thyme; cook, stirring occasionally, until mushrooms are golden and soft (about 8 minutes).
- ☐ Remove and spread along bottom of a 2-quart casserole dish.

- ☐ Heat 1 TBSP oil in the same skillet; add the beef or lamb, carrot, rosemary, and nutmeg; cook until beef is brown and carrot is tender (about 8 minutes). Stir in tomato paste.
- ☐ Layer over mushroom–onion mixture.
- ☐ Finish the mashed veggies: Pass potatoes and celery root through a food mill into a bowl, adding butter as you go. Stir in yogurt and milk for a pure. Season with salt and pepper.
- ☐ Swirl mashed potatoes and celery root over stew with back of a spoon; sprinkle on cheese.
- ☐ Bake until cooked through and cheese is golden brown (15 minutes).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:82.32, Glycemic Load:23.92, Inflammation Score:-10, Nutrition Score:37.042609043743%

Flavonoids

Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 559.06kcal (27.95%), Fat: 24.85g (38.23%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 39.08g (14.21%), Sugar: 12.3g (13.67%), Cholesterol: 106.7mg (35.57%), Sodium: 480.3mg (20.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.92g (77.84%), Vitamin B6: 1.53mg (76.51%), Vitamin A: 3324.07IU (66.48%), Phosphorus: 626.43mg (62.64%), Vitamin B3: 11.94mg (59.7%), Selenium: 38.35µg (54.79%), Vitamin K: 56.7µg (54%), Potassium: 1798.99mg (51.4%), Zinc: 7.68mg (51.23%), Vitamin B12: 3.03µg (50.58%), Manganese: 0.76mg (37.87%), Folate: 128.49µg (32.12%), Iron: 5.76mg (32.01%), Vitamin B2: 0.53mg (31.02%), Fiber: 7.29g (29.17%), Magnesium: 115.48mg (28.87%), Vitamin C: 23.47mg (28.45%), Calcium: 241.49mg (24.15%), Copper: 0.46mg (22.94%), Vitamin B5: 2.2mg (22.02%), Vitamin B1: 0.32mg (21.24%), Vitamin E: 2.02mg (13.45%), Vitamin D: 0.2µg (1.34%)