



Cheesy Shepherd's Pie

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 3 medium carrots peeled chopped
- ☐ 8 ounce cream cheese cut into cubes
- ☐ 1 teaspoon basil dried
- ☐ 2 pounds ground beef lean
- ☐ 0.3 cup milk
- ☐ 1 large onion chopped

- ☐ 1 cup peas frozen
- ☐ 2.5 pounds russet potatoes peeled cut into chunks
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 2 tablespoons worcestershire sauce

Equipment

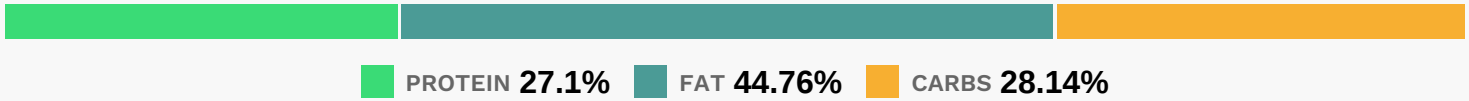
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ hand mixer
- ☐ casserole dish
- ☐ stove

Directions

- ☐ Place potatoes into a large pot and cover with water; stir in the 1/2 teaspoon salt. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain.
- ☐ Place drained potatoes, butter, the 1/3 cup milk, the 1/2 teaspoon salt, and pepper in a large bowl.
- ☐ Mix well with an electric mixer on medium speed until smooth. Cover and set aside until ready to use.
- ☐ Preheat oven to 375 degrees F. Cook ground beef over medium heat in extra-large skillet for 8 to 10 minutes or until browned, stirring frequently.
- ☐ Drain off fat.
- ☐ Add onions and carrots to skillet. Cook, stirring occasionally, for 5 minutes or until carrots are just tender.

- ☐ Add cream cheese, the remaining 1/3 cup milk, Worcestershire sauce, and basil. Reduce heat to low. Cover and cook for 5 minutes or until cubes of cheese are soft. Stir to combine. Stir in peas.
- ☐ [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes*.]
- ☐ Spoon the beef mixture into a 2-quart casserole dish. Top with the mashed potato mixture.
- ☐ Bake, uncovered, for 25 minutes. Top with cheese.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.82, Glycemic Load:30.22, Inflammation Score:-10, Nutrition Score:35.562608625578%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 670.95kcal (33.55%), Fat: 33.43g (51.43%), Saturated Fat: 18.59g (116.22%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 42.1g (15.31%), Sugar: 7.76g (8.62%), Cholesterol: 167.43mg (55.81%), Sodium: 692.11mg (30.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.55g (91.1%), Vitamin A: 6182.01IU (123.64%), Vitamin B6: 1.4mg (70.14%), Zinc: 9.63mg (64.17%), Vitamin B12: 3.75µg (62.58%), Phosphorus: 593.41mg (59.34%), Vitamin B3: 11.21mg (56.03%), Selenium: 36.6µg (52.29%), Potassium: 1641.6mg (46.9%), Iron: 6.26mg (34.76%), Vitamin B2: 0.56mg (33.1%), Vitamin C: 24.83mg (30.09%), Manganese: 0.52mg (26.04%), Calcium: 258.49mg (25.85%), Magnesium: 103.19mg (25.8%), Vitamin B1: 0.34mg (22.61%), Fiber: 5.2g (20.79%), Vitamin B5: 2.03mg (20.33%), Copper: 0.41mg (20.32%), Vitamin K: 18.8µg (17.91%), Folate: 68.82µg (17.21%), Vitamin E: 1.34mg (8.92%), Vitamin D: 0.41µg (2.76%)