



Chef John's Shepherd's Pie

READY IN



85 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef broth
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons flour
- ☐ 4 cups vegetables mixed frozen
- ☐ 3 cloves garlic halved
- ☐ 3 tablespoons catsup
- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded divided

- ☐ 0.8 cup cup heavy whipping cream light sour
- ☐ 1.3 pounds yukon gold potatoes cubed peeled

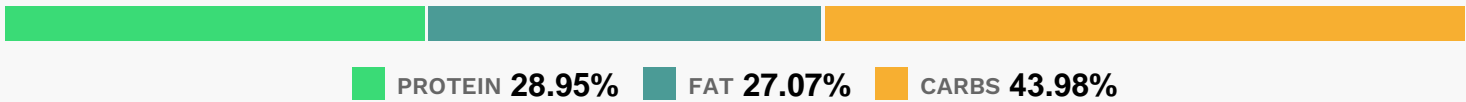
Equipment

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

Directions

- ☐ Place cubed potatoes and garlic in a large pot with enough water to cover. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Brown ground beef over medium heat in a skillet. Stir in flour, mixing with beef drippings.
- ☐ Add beef broth, ketchup and vegetables. Stir to combine. Cook for 5 minutes, until thick.
- ☐ Transfer beef mixture into an oven-proof casserole dish.
- ☐ Drain potatoes and smash them a little bit before adding 1/4 cup of grated cheese and sour cream. Mash together until smooth.
- ☐ Spoon potatoes onto the middle of the meat mixture. With a fork, spread potatoes from the center to the edges to form the top layer.
- ☐ Sprinkle with remaining 1/4 cup of grated cheese.
- ☐ Bake in the preheated oven for 20-25 minutes, or until cheese is melted and golden.
- ☐ Let cool 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.59, Glycemic Load:14.14, Inflammation Score:-10, Nutrition Score:19.558695707632%

Flavonoids

Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 264.7kcal (13.24%), Fat: 8.14g (12.53%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 24.44g (8.89%), Sugar: 1.84g (2.04%), Cholesterol: 49.76mg (16.59%), Sodium: 574.19mg (24.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.19%), Vitamin A: 4793.53IU (95.87%), Vitamin C: 24.2mg (29.34%), Vitamin B6: 0.55mg (27.71%), Vitamin B3: 5.4mg (26.98%), Phosphorus: 262.34mg (26.23%), Zinc: 3.91mg (26.04%), Vitamin B12: 1.45µg (24.19%), Potassium: 774.82mg (22.14%), Fiber: 5.32g (21.29%), Selenium: 14.11µg (20.16%), Manganese: 0.39mg (19.65%), Iron: 2.97mg (16.51%), Vitamin B2: 0.27mg (16.07%), Vitamin B1: 0.22mg (14.65%), Magnesium: 56.77mg (14.19%), Folate: 48.86µg (12.22%), Calcium: 121.94mg (12.19%), Copper: 0.22mg (11.17%), Vitamin B5: 0.78mg (7.75%), Vitamin E: 0.37mg (2.46%), Vitamin K: 2.19µg (2.09%)