



## Chicken Paprika Shepherd's Pie

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.7 oz roasted garlic mashed
- 1 serving potatoes for on potatoes pouch
- 1 tablespoon butter
- 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 0.5 cup onion chopped
- 1.5 cups savory vegetable mixed frozen
- 12 oz campbell's chicken gravy home-style
- 2.3 teaspoons paprika

0.5 cup cream sour

## Equipment

frying pan

oven

glass baking pan

## Directions

Heat oven to 350°F. Spray 2-quart shallow casserole or 8-inch square glass baking dish with cooking spray. Make potatoes as directed on pouch using water, milk and butter.

Meanwhile, in 12-inch nonstick skillet, melt remaining 1 tablespoon butter over medium-high heat.

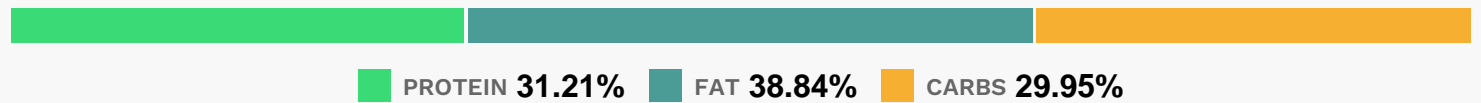
Add chicken and onion; cook 4 to 6 minutes, stirring frequently, until chicken is no longer pink in center. Stir in mixed vegetables, gravy and 2 teaspoons of the paprika. Cover; cook over medium-low heat 5 minutes, stirring frequently to prevent sticking.

Stir sour cream into chicken mixture. Spoon into casserole. Spoon or pipe potatoes in 8 mounds around edge of casserole.

Sprinkle potatoes with remaining 1/4 teaspoon paprika.

Bake uncovered 25 to 35 minutes or until mixture bubbles around edge of casserole.

## Nutrition Facts



## Properties

Glycemic Index:62.69, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:24.387391484302%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

## Nutrients (% of daily need)

Calories: 373.8kcal (18.69%), Fat: 16.36g (25.17%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 24.22g (8.81%), Sugar: 3.72g (4.13%), Cholesterol: 103.87mg (34.62%), Sodium: 577.34mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.16%), Vitamin A: 4612.16IU (92.24%), Vitamin B6: 1.39mg (69.43%), Vitamin B3: 13.08mg (65.41%), Selenium: 42.56µg (60.8%), Manganese: 0.79mg (39.39%), Phosphorus: 361.53mg (36.15%), Vitamin C: 20.65mg (25.03%), Potassium: 790.52mg (22.59%), Vitamin B5: 2.08mg (20.8%), Fiber: 4.17g (16.67%), Vitamin B2: 0.28mg (16.29%), Vitamin B1: 0.24mg (16.1%), Magnesium: 61.2mg (15.3%), Calcium: 120.11mg (12.01%), Iron: 1.94mg (10.76%), Copper: 0.22mg (10.75%), Zinc: 1.53mg (10.22%), Folate: 31.55µg (7.89%), Vitamin E: 0.76mg (5.09%), Vitamin B12: 0.29µg (4.89%), Vitamin K: 2.46µg (2.34%)