



WHATSheATE



Chicken Paprika Shepherd's Pie



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 4 servings potatoes for on potatoes pouch

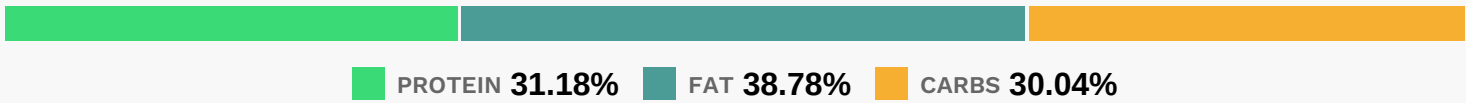
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. 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:6.58, Inflammation Score:-10, Nutrition Score:24.423477908839%

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: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 374.38kcal (18.72%), Fat: 16.36g (25.17%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 24.33g (8.85%), Sugar: 3.72g (4.14%), Cholesterol: 103.87mg (34.62%), Sodium: 577.39mg (25.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.19%), Vitamin A: 4612.17IU (92.24%), Vitamin B6: 1.39mg (69.54%), Vitamin B3: 13.09mg (65.45%), Selenium: 42.56µg (60.8%), Manganese: 0.79mg (39.44%), Phosphorus: 361.96mg (36.2%), Vitamin C: 20.8mg (25.21%), Potassium: 793.68mg (22.68%), Vitamin B5: 2.08mg (20.82%), Fiber: 4.18g (16.74%), Vitamin B2: 0.28mg (16.3%), Vitamin B1: 0.24mg (16.14%), Magnesium: 61.37mg (15.34%), Calcium: 120.2mg (12.02%), Iron: 1.94mg (10.79%), Copper: 0.22mg (10.79%), Zinc: 1.53mg (10.23%), Folate: 31.67µg (7.92%), Vitamin E: 0.76mg (5.09%), Vitamin B12: 0.29µg (4.89%), Vitamin K: 2.47µg (2.35%)