



WHATSheATE



Chicken Paprika Shepherd's Pie



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 12 oz campbell's chicken gravy home-style
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 2.3 teaspoons paprika
- ☐ 1 pouch roasted garlic mashed betty crocker® (from 7.2-oz box)
- ☐ 1.5 cups savory vegetable mixed fresh green frozen giant ®
- ☐ 1 lb chicken breast boneless skinless cut into 1/2-inch pieces

- ☐ 0.5 cup cream sour
- ☐ 1 cup water hot

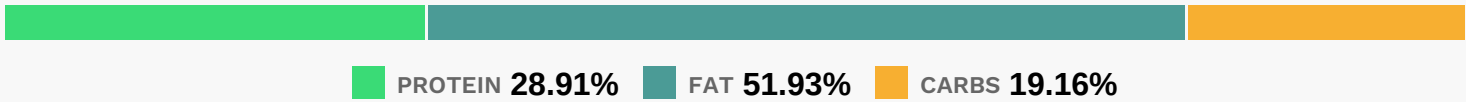
Equipment

- ☐ 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 mashed potatoes as directed on box for 4 servings--except use 1 cup hot water, 1/2 cup milk and 2 tablespoons of the 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:38.75, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:21.041739282401%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 393.05kcal (19.65%), Fat: 22.78g (35.05%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 15.45g (5.62%), Sugar: 4.85g (5.39%), Cholesterol: 100mg (33.33%), Sodium: 662.77mg (28.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.08%), Vitamin A: 4946.71IU (98.93%), Vitamin B3: 12.88mg (64.41%), Selenium: 38.41µg (54.87%), Vitamin B6: 1mg (49.87%), Phosphorus: 343.19mg (34.32%), Potassium: 706.21mg (20.18%), Vitamin B5: 2mg (20.01%), Vitamin B2: 0.29mg (16.78%), Magnesium: 57.37mg (14.34%), Fiber: 3.47g (13.87%), Vitamin B1: 0.19mg (12.88%), Vitamin C: 10.31mg (12.49%), Manganese: 0.24mg (11.79%), Calcium: 101.84mg (10.18%), Zinc: 1.28mg (8.51%), Vitamin B12: 0.46µg (7.71%), Folate: 30.52µg (7.63%), Iron: 1.37mg (7.62%), Vitamin E: 1mg (6.65%), Copper: 0.13mg (6.28%), Vitamin D: 0.45µg (2.99%), Vitamin K: 1.74µg (1.65%)