



Chicken Shepherd's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter
- 1 pound rotisserie chicken breast meat shredded cooked
- 1 cup corn kernels fresh
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.7 cup milk
- 8 potatoes

- 0.5 cup bell pepper diced red
- 1 medium head roasted garlic
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

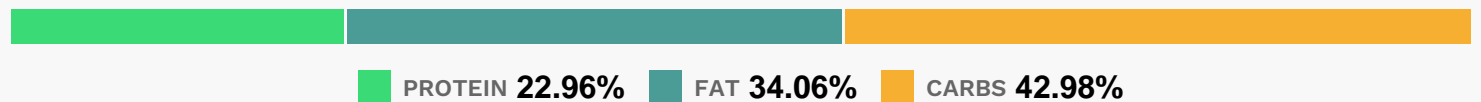
Equipment

- oven
- casserole dish
- aluminum foil

Directions

- Cut head of garlic in half and drizzle with olive oil. Wrap in foil and bake at 400 degrees F (200 degrees C) for 45 minutes.
- Reduce oven temperature to 350 degrees F (175 degrees C).
- Peel, chop and boil potatoes until tender.
- Drain, then mash potatoes.
- Add butter, milk and roasted garlic and mix in. Set aside.
- Arrange chicken evenly in the bottom of a casserole dish, then sprinkle with spices, then layer peppers, corn and all but 1/4 cup cheese.
- Spread mashed potatoes on top, sealing everything in.
- Sprinkle with remaining cheese.
- Bake at 350 degrees F (175 degrees C) for 25 minutes or until brown around edges.

Nutrition Facts



Properties

Glycemic Index:56.29, Glycemic Load:37.59, Inflammation Score:-9, Nutrition Score:27.364782737649%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 538.85kcal (26.94%), Fat: 20.64g (31.76%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 51.28g (18.65%), Sugar: 5.67g (6.3%), Cholesterol: 99.12mg (33.04%), Sodium: 466.96mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.61%), Vitamin C: 76.88mg (93.19%), Vitamin B6: 1.3mg (64.99%), Vitamin B3: 9.6mg (48.01%), Phosphorus: 456.54mg (45.65%), Potassium: 1547.95mg (44.23%), Selenium: 26.22µg (37.45%), Manganese: 0.63mg (31.33%), Fiber: 7.34g (29.37%), Magnesium: 103.78mg (25.95%), Vitamin B1: 0.35mg (23.3%), Calcium: 228.36mg (22.84%), Vitamin B2: 0.36mg (21.23%), Iron: 3.66mg (20.36%), Vitamin B5: 2.02mg (20.15%), Vitamin A: 1006.13IU (20.12%), Zinc: 3.01mg (20.04%), Copper: 0.4mg (19.76%), Folate: 70.38µg (17.59%), Vitamin B12: 0.58µg (9.69%), Vitamin K: 7.62µg (7.26%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.41µg (2.74%)