



Chicken Shepherd's Pies

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups baking potato cubed peeled
- 2 cups chicken breast cooked chopped (skinned before cooking and without salt)
- 1.5 tablespoons cornstarch
- 2 teaspoons garlic minced
- 10 ounce cut green beans frozen
- 0.3 cup milk 1% low-fat
- 0.3 cup heavy whipping cream sour low-fat
- 1.5 cups no-salt-added chicken broth undiluted canned divided

- 8 ounce pre mushrooms fresh
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 cup romano cheese grated
- 0.3 teaspoon salt
- 0.5 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Place potato in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender.
- Drain potato, and place in a large bowl.
- Add milk and next 4 ingredients. Beat at medium speed of an electric mixer 2 minutes or until smooth. Set aside, and keep warm.
- Cook green beans according to package directions, omitting salt; drain. Set aside, and keep warm.
- Combine 2 tablespoons broth and cornstarch in a small bowl, stirring well. Set aside.
- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion and next 4 ingredients; saute 5 minutes.
- Add cornstarch mixture and remaining broth to skillet, stirring constantly. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until thickened, stirring often.
- Add green beans and chicken; cook until heated.

Spoon chicken mixture evenly into 4 (2-cup) baking dishes. Top with mashed potato mixture, and place on a large baking sheet.

Bake at 450 for 25 minutes or until bubbly and golden.

Nutrition Facts

PROTEIN 33.6% **FAT 17.74%** **CARBS 48.66%**

Properties

Glycemic Index:69.69, Glycemic Load:29.08, Inflammation Score:-7, Nutrition Score:26.594347933064%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 397.89kcal (19.89%), Fat: 8.03g (12.35%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 44.17g (16.06%), Sugar: 6.64g (7.38%), Cholesterol: 73.69mg (24.56%), Sodium: 340.08mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.41%), Vitamin B3: 15.39mg (76.97%), Vitamin B6: 1.3mg (64.93%), Phosphorus: 455.02mg (45.5%), Potassium: 1481.31mg (42.32%), Selenium: 28.09µg (40.12%), Vitamin K: 35.66µg (33.96%), Vitamin B2: 0.55mg (32.4%), Manganese: 0.56mg (27.83%), Vitamin C: 22.65mg (27.45%), Copper: 0.52mg (26.12%), Magnesium: 96.65mg (24.16%), Vitamin B5: 2.38mg (23.81%), Vitamin B1: 0.34mg (22.69%), Fiber: 5.35g (21.39%), Iron: 3.7mg (20.54%), Calcium: 192.66mg (19.27%), Folate: 68.88µg (17.22%), Zinc: 2.19mg (14.63%), Vitamin A: 634.17IU (12.68%), Vitamin B12: 0.62µg (10.33%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.47µg (3.13%)