



Chipotle-Sweet Potato Shepherd's Pie

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots chopped
- 7 ounce chipotle chiles in adobo sauce canned
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced
- 2 pounds ground sirloin
- 1 teaspoon kosher salt
- 1 cup milk 2% reduced-fat
- 2 cups onion chopped

- 1 cup peas green frozen thawed
- 0.3 teaspoon cracked pepper black
- 0.5 teaspoon cracked pepper black
- 3 tablespoons steak sauce (such as A-1)
- 2.3 pounds sweet potatoes peeled cut into 1-inch pieces
- 2 tablespoons tomato paste
- 0.5 cup tomatoes crushed

Equipment

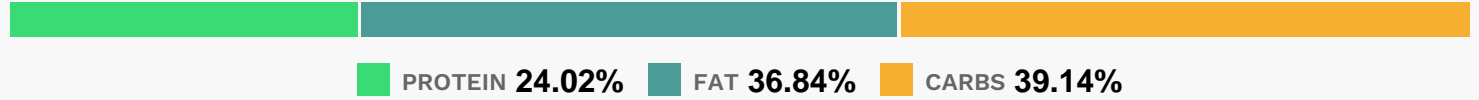
- bowl
- frying pan
- sauce pan
- oven
- blender

Directions

- Preheat oven to 40
- To prepare topping, remove 1 chile and 2 teaspoons sauce from can; reserve remaining chiles and sauce for another use. Coarsely chop 1 chile.
- Place potatoes in a saucepan; cover with water. Bring to a boil; cook 15 minutes or until very tender.
- Drain.
- Place potatoes, chopped chile, 2 teaspoons adobo sauce, milk, salt, and 1/4 teaspoon pepper in a large bowl. Beat with a mixer at medium speed until smooth.
- To prepare filling, cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- Remove from pan; drain.
- Heat pan coated with cooking spray over medium-high heat.
- Add onion, carrot, and garlic; saut 8 minutes or until tender. Return beef to pan; stir in peas and remaining ingredients. Cook 2 minutes.

- Spoon beef mixture into a 3-quart casserole; top with sweet potato mixture, spreading evenly.
- Bake at 400 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:48.15, Glycemic Load:15.42, Inflammation Score:-10, Nutrition Score:27.871739128362%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 438.33kcal (21.92%), Fat: 17.91g (27.55%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 33.67g (12.24%), Sugar: 13.7g (15.22%), Cholesterol: 79.47mg (26.49%), Sodium: 609.01mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Vitamin A: 21211.7IU (424.23%), Vitamin B12: 2.62µg (43.62%), Vitamin B6: 0.82mg (41.22%), Vitamin K: 43.05µg (41%), Zinc: 6.06mg (40.38%), Fiber: 9.14g (36.55%), Vitamin B3: 6.99mg (34.93%), Phosphorus: 330.91mg (33.09%), Potassium: 1079.45mg (30.84%), Manganese: 0.59mg (29.47%), Selenium: 20.48µg (29.26%), Iron: 4.7mg (26.09%), Vitamin C: 19.77mg (23.96%), Vitamin B2: 0.37mg (21.72%), Copper: 0.39mg (19.34%), Vitamin B5: 1.92mg (19.24%), Magnesium: 74.66mg (18.66%), Vitamin B1: 0.26mg (17.04%), Folate: 50.54µg (12.64%), Calcium: 122.98mg (12.3%), Vitamin E: 1.34mg (8.94%)