



Classic Shepherd's Pie

READY IN



60 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 tablespoons dijon mustard
- 1 teaspoon rosemary dried
- 1 teaspoon thyme leaves dried
- 4 teaspoons flour all-purpose
- 1 cup vegetables mixed frozen (such as peas and carrots)
- 1 clove garlic minced
- 1 pound ground beef lean
- 0.7 cup warm milk

- 1 onion chopped
- 1 teaspoon pepper
- 1 teaspoon salt
- 0.8 cup sacramento tomato juice heinz®
- 0.3 cup heinz tomato ketchup
- 1 tablespoon vegetable oil
- 2 tablespoons heinz worcestershire sauce
- 3 cups warm cooked mashed
- 3 cups warm cooked mashed

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oil in a skillet set over medium heat.
- Add the onion, garlic, thyme, rosemary, and half of the salt and pepper. Cook, stirring often, for 5 to 7 minutes. Preheat the oven to 350 F (180 C).
- Crumble meat into pan and cook until brown all over.
- Sprinkle with flour. Stir in ketchup, tomato juice, Worcestershire sauce and mustard. Simmer for 5 minutes. Stir in mixed vegetables.
- Transfer to a 9-inch (23-cm) baking dish.
- Whip the potatoes with the warm milk, remaining salt and pepper, butter and garlic until very fluffy.
- Spread potatoes evenly over meat mixture.
- Bake for 35 minutes or until potatoes are golden.

Nutrition Facts



■ PROTEIN **32.89%** ■ FAT **43.06%** ■ CARBS **24.05%**

Properties

Glycemic Index:71.72, Glycemic Load:3.36, Inflammation Score:-9, Nutrition Score:14.534347710402%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 229.71kcal (11.49%), Fat: 11.11g (17.09%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 11.87g (4.32%), Sugar: 5.95g (6.61%), Cholesterol: 60.16mg (20.05%), Sodium: 715.46mg (31.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.19%), Vitamin A: 1905.97IU (38.12%), Vitamin B12: 1.85µg (30.8%), Zinc: 4.27mg (28.45%), Vitamin B3: 5.09mg (25.47%), Selenium: 16.37µg (23.38%), Phosphorus: 221.35mg (22.13%), Vitamin B6: 0.43mg (21.3%), Iron: 2.99mg (16.61%), Potassium: 554.38mg (15.84%), Vitamin C: 11.49mg (13.92%), Vitamin B2: 0.24mg (13.92%), Manganese: 0.23mg (11.64%), Magnesium: 38.27mg (9.57%), Vitamin K: 9.42µg (8.97%), Vitamin B1: 0.13mg (8.89%), Fiber: 2.09g (8.36%), Vitamin B5: 0.77mg (7.73%), Calcium: 73.01mg (7.3%), Copper: 0.15mg (7.28%), Folate: 27µg (6.75%), Vitamin E: 0.8mg (5.37%), Vitamin D: 0.37µg (2.49%)