



 **31%**
HEALTH SCORE

Clouds at Sunset

 **Gluten Free**

READY IN



65 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon beef bouillon granules
- 0.3 cup butter softened
- 6 large carrots cut into 1-1/2-inch pieces
- 2 tablespoons cornstarch
- 2 garlic clove peeled
- 1 pound ground beef
- 1.5 cups milk
- 0.5 cup onion finely chopped

- 10 ounces peas frozen thawed
- 0.3 teaspoon pepper
- 4 large potatoes peeled quartered
- 0.5 teaspoon salt
- 6 servings salt and pepper to taste

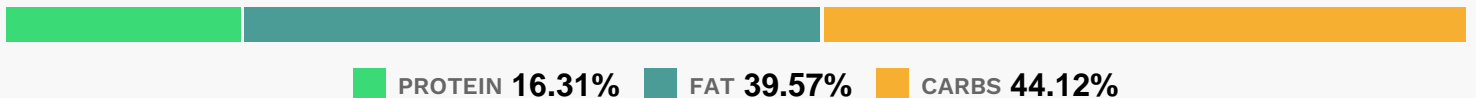
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place potatoes, carrots and garlic in a saucepan; cover with water. bring to a boil. Reduce heat; cover and cook for 20–25 minutes or until vegetables are tender.
- Drain; reserving 1/2 cup cooking liquid.
- In a bowl, mash potatoes, carrots and garlic. Beat in milk, butter, salt and pepper until light and fluffy. Set aside and keep warm.
- Meanwhile, in a skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Add reserved cooking liquid.
- Combine cornstarch and milk until smooth; stir into meat mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in peas, bouillon, salt and pepper. Cook for 2–3 minutes or until heated through.
- Serve over mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:58.65, Glycemic Load:37.03, Inflammation Score:-10, Nutrition Score:33.053043552067%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 571.12kcal (28.56%), Fat: 25.35g (39.01%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 63.62g (21.21%), Net Carbohydrates: 53.21g (19.35%), Sugar: 11.55g (12.83%), Cholesterol: 81.34mg (27.11%), Sodium: 629.99mg (27.39%), Alcohol: 0g (100%), Protein: 23.52g (47.03%), Vitamin A: 12730.69IU (254.61%), Vitamin C: 72.91mg (88.37%), Vitamin B6: 1.22mg (60.78%), Potassium: 1704.65mg (48.7%), Fiber: 10.41g (41.66%), Phosphorus: 406.03mg (40.6%), Vitamin B3: 7.58mg (37.9%), Manganese: 0.73mg (36.53%), Zinc: 4.93mg (32.86%), Vitamin B12: 1.97µg (32.75%), Vitamin B1: 0.45mg (29.71%), Vitamin K: 28.31µg (26.96%), Magnesium: 103.07mg (25.77%), Iron: 4.37mg (24.28%), Folate: 91.96µg (22.99%), Vitamin B2: 0.39mg (22.79%), Copper: 0.44mg (21.94%), Selenium: 14.59µg (20.84%), Calcium: 161.64mg (16.16%), Vitamin B5: 1.62mg (16.15%), Vitamin E: 1.13mg (7.5%), Vitamin D: 0.75µg (4.98%)