



Cozy Shepherd's Pie

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1-inch pieces (4 cups)
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups carrots diced
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1.3 cups low-salt beef broth

- ☐ 1.5 pounds mushrooms quartered
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon red wine vinegar
- ☐ 12 ounces pan drippings from roast beef preferably diced cooked
- ☐ 1 tablespoon teaspoon rubbed sage dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon stick margarine
- ☐ 2 tablespoons tomato paste
- ☐ 2 teaspoons or dried fresh chopped

Equipment

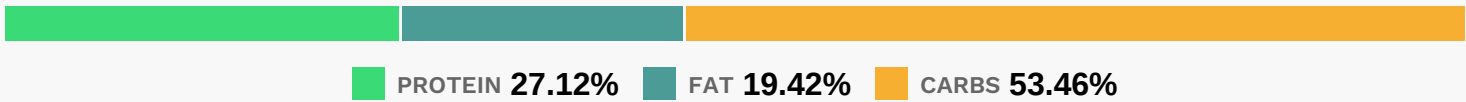
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ To prepare potato topping, place potatoes in a saucepan; cover with water. Bring to a boil; cook 20 minutes or until very tender.
- ☐ Drain.
- ☐ Place potatoes, sour cream, and next 5 ingredients (sour cream through pepper) in a large bowl, and beat at medium speed of a mixer until smooth. Keep warm.
- ☐ Preheat oven to 37
- ☐ To prepare filling, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add carrot; saut 7 minutes.
- ☐ Add mushrooms; saut 5 minutes.

- ☐ Add 1 tablespoon sage and garlic; saut 2 minutes.
- ☐ Sprinkle with flour; cook 2 minutes, stirring until well-blended.
- ☐ Add broth and wine; bring to a boil. Stir in tomato paste and vinegar.
- ☐ Add pot roast; cook 2 minutes. Spoon meat mixture into a 2-quart casserole.
- ☐ Spread potato topping over meat mixture; sprinkle with paprika.
- ☐ Bake at 375 for 45 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:20.21, Inflammation Score:-10, Nutrition Score:22.749999984451%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 243.22kcal (12.16%), Fat: 5.23g (8.04%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 28.73g (10.45%), Sugar: 4.82g (5.36%), Cholesterol: 29.64mg (9.88%), Sodium: 1009.49mg (43.89%), Alcohol: 1.58g (100%), Alcohol %: 0.55% (100%), Protein: 16.43g (32.85%), Vitamin A: 5569.69IU (111.39%), Vitamin B3: 8.41mg (42.07%), Vitamin C: 30.5mg (36.97%), Vitamin B6: 0.73mg (36.51%), Potassium: 1080.73mg (30.88%), Vitamin B2: 0.51mg (30.25%), Phosphorus: 260.56mg (26.06%), Copper: 0.46mg (22.94%), Selenium: 13.72µg (19.6%), Vitamin B5: 1.89mg (18.93%), Calcium: 186.8mg (18.68%), Zinc: 2.56mg (17.09%), Manganese: 0.34mg (16.83%), Vitamin B1: 0.25mg (16.62%), Iron: 2.89mg (16.07%), Vitamin B12: 0.89µg (14.82%), Fiber: 3.66g (14.64%), Magnesium: 53.76mg (13.44%), Folate: 51.23µg (12.81%), Vitamin K: 12.29µg (11.7%), Vitamin E: 0.67mg (4.47%), Vitamin D: 0.28µg (1.87%)