



Crisscross Shepherd's Pie

READY IN



50 min.

SERVINGS



50

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia cream cheese spread
- 2 cups regular corn frozen
- 2 cloves garlic
- 2 lb ground beef lean
- 1 oz onion soup mix
- 2 onions chopped
- 1 cup cheddar cheese shredded kraft
- 1 cup water
- 1.5 lb yukon gold potatoes peeled cut into 1-inch chunks (6)

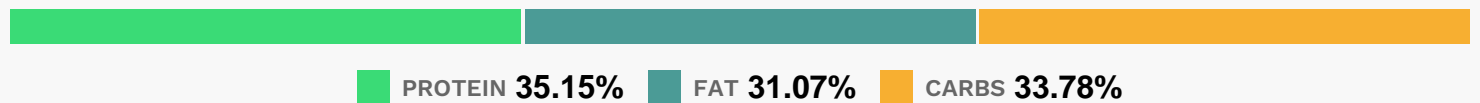
Equipment

- frying pan
- sauce pan
- oven
- ramekin

Directions

- Heat oven to 375F.
- Cook potatoes and garlic in boiling water in large saucepan 15 min. or until potatoes are tender.
- Meanwhile, brown meat with onions in large skillet; drain. Return to skillet. Stir in corn, water and soup mix; cook 3 min. or until water is absorbed, stirring frequently. Spoon into 8 ramekins.
- Drain potatoes; return to pan.
- Add cheddar and cream cheese spread; mash until potatoes are smooth and mixture is well blended. Spoon over meat mixture. Make decorative crisscross or crosshatch pattern by lightly dragging fork over potato layer.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:3.1969564939323%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 57.44kcal (2.87%), Fat: 1.99g (3.06%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.27g (1.55%), Sugar: 0.36g (0.4%), Cholesterol: 14.21mg (4.74%), Sodium: 79.14mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Zinc: 1.11mg (7.39%), Vitamin B12: 0.43µg (7.17%), Vitamin B6: 0.13mg (6.74%), Vitamin B3: 1.27mg (6.33%), Phosphorus: 62.43mg (6.24%), Selenium: 3.96µg (5.65%), Potassium: 152.2mg (4.35%), Vitamin C: 3.54mg (4.29%), Iron: 0.6mg (3.36%), Vitamin B2: 0.05mg (3.07%), Magnesium: 10.7mg (2.68%), Fiber: 0.6g (2.4%), Calcium: 23.05mg (2.31%), Manganese: 0.04mg (2.24%), Vitamin B1: 0.03mg (1.97%), Vitamin B5: 0.2mg (1.96%), Copper: 0.04mg (1.88%), Folate: 7.04µg (1.76%)