



Easy Shepherd's Pie

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup gravy
- ☐ 4 ounces philadelphia cream cheese cubed
- ☐ 4 cups vegetables mixed frozen thawed
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 2 cups potatoes hot mashed
- ☐ 1 cup cheddar cheese shredded divided kraft

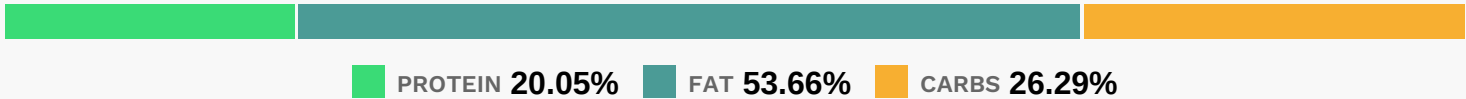
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F. Brown meat in large skillet. Meanwhile, mix potatoes, cream cheese, 1/2 cup of the shredded cheese and the garlic until well blended.
- ☐ Drain meat. Return to skillet; stir in vegetables and gravy. Spoon into 9-inch square baking dish; cover with potato mixture and remaining 1/2 cup shredded cheese.
- ☐ Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:14.62, Inflammation Score:-10, Nutrition Score:22.683043272599%

Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 484.57kcal (24.23%), Fat: 29.39g (45.21%), Saturated Fat: 13.71g (85.66%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 25.98g (9.45%), Sugar: 1.99g (2.22%), Cholesterol: 94.74mg (31.58%), Sodium: 474.71mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Vitamin A: 6605.33IU (132.11%), Phosphorus: 338.94mg (33.89%), Vitamin C: 26.72mg (32.39%), Zinc: 4.71mg (31.38%), Vitamin B12: 1.86µg (30.98%), Vitamin B6: 0.6mg (30.16%), Vitamin B3: 5.49mg (27.43%), Selenium: 19.13µg (27.33%), Fiber: 6.41g (25.66%), Potassium: 799.5mg (22.84%), Manganese: 0.43mg (21.57%), Vitamin B2: 0.37mg (21.47%), Calcium: 205.64mg (20.56%), Iron: 3.23mg (17.96%), Vitamin B1: 0.25mg (16.56%), Magnesium: 65.11mg (16.28%), Folate: 57.36µg (14.34%), Copper: 0.25mg (12.36%), Vitamin B5: 0.98mg (9.76%), Vitamin E: 0.62mg (4.14%), Vitamin K: 3.56µg (3.39%), Vitamin D: 0.19µg (1.26%)