

 **21%**  
HEALTH SCORE

## Easy Shepherd's Pie (Beef And/or Lamb Combo)

READY IN



45 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup beef stock
- 2 tablespoons butter
- 1 carrots peeled finely chopped
- 2 tablespoons cream cheese sour (or cream)
- 1 large egg yolk
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped for garnish
- 2 teaspoons thyme sprigs fresh ()

- 1.8 pounds ground beef
- 0.5 cup cup heavy whipping cream for richer flavor (or heavy cream )
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 onion chopped
- 0.5 cup peas frozen
- 2 pounds potatoes such as russet, peeled and cubed
- 6 servings pepper black freshly ground
- 1 teaspoon paprika sweet
- 2 tablespoons tomato paste
- 2 teaspoons worcestershire sauce

## Equipment

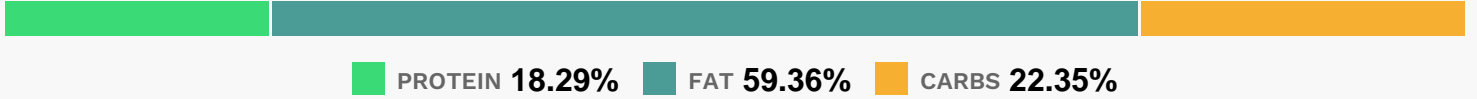
- bowl
- frying pan
- whisk
- casserole dish
- broiler

## Directions

- Boil potatoes in salted water until tender, about 12 minutes.
- Drain potatoes and pour them into a bowl.
- Combine cream cheese (or sour cream), egg yolk and milk (or heavy cream).
- Add the cream mixture into potatoes and mash until potatoes are almost smooth. While potatoes boil, preheat a large skillet over medium high heat.
- Add oil to hot pan with beef and/or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If you are using lamb and the pan is fatty, spoon away some of the drippings.
- Add chopped carrot\* and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. NOTE:\*by finely chopping the carrots, they will cook a little faster.
- Add the thyme. OPTIONAL

- Add the tomato paste, which gives the meat filling a richer flavor. In a second small skillet over medium heat cook butter and flour together 2 minutes.
- Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute.
- Add gravy to meat and vegetables. Stir in peas. Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve

## Nutrition Facts



### Properties

Glycemic Index: 87.15, Glycemic Load: 22.38, Inflammation Score: -10, Nutrition Score: 27.331304347826%

### Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

### Nutrients (% of daily need)

Calories: 643.87kcal (32.19%), Fat: 42.53g (65.43%), Saturated Fat: 18.78g (117.35%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 30.87g (11.23%), Sugar: 5.02g (5.58%), Cholesterol: 161.86mg (53.95%), Sodium: 306.45mg (13.32%), Protein: 29.48g (58.96%), Vitamin A: 2699.84IU (54%), Vitamin B6: 1mg (49.75%), Vitamin C: 40.97mg (49.66%), Vitamin B12: 2.94µg (48.95%), Zinc: 6.48mg (43.2%), Vitamin B3: 8.32mg (41.59%), Phosphorus: 369.39mg (36.94%), Potassium: 1279.11mg (36.55%), Selenium: 24.91µg (35.58%), Vitamin K: 35.13µg (33.45%), Iron: 4.88mg (27.1%), Vitamin B2: 0.4mg (23.77%), Fiber: 5.18g (20.71%), Manganese: 0.4mg (19.97%), Magnesium: 74.71mg (18.68%), Vitamin B1: 0.28mg (18.37%), Copper: 0.34mg (16.93%), Folate: 60.91µg (15.23%), Vitamin B5: 1.38mg (13.79%), Vitamin E: 1.73mg (11.53%), Calcium: 88.51mg (8.85%), Vitamin D: 0.6µg (4.02%)