



Easy Vegetarian Shepherd's Pie

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving potatoes for on potato mix pouch
- 4.7 oz potatoes mashed
- 12 oz cauliflower
- 6 oz mushrooms drained sliced
- 2.8 ounces bread canned

Equipment

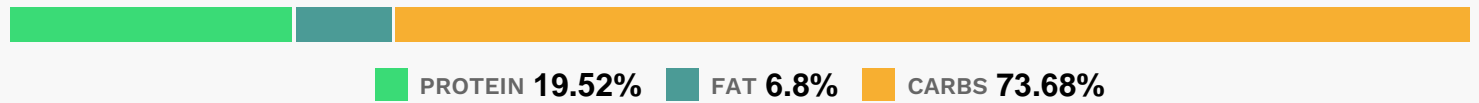
- bowl
- sauce pan

oven

Directions

- Heat oven to 350°F.
- Heat water, milk and butter to a rapid boil in 2-quart saucepan.
- Remove from heat. Stir in potatoes just until moistened.
- Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth; set aside.
- Meanwhile prepare vegetables as directed on package. Stir together vegetables and mushrooms in medium bowl. Spoon vegetable mixture into ungreased 1 1/2-quart casserole; sprinkle with half of the onions.
- Spread potatoes over onions.
- Bake uncovered 25 minutes; sprinkle with remaining onions.
- Bake 3 to 5 minutes longer or until mixture is hot and onions are brown.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:12.321739066311%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 110.44kcal (5.52%), Fat: 0.89g (1.37%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 18.47g (6.72%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 149.12mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin C: 48.5mg (58.79%), Folate: 85.49µg (21.37%), Vitamin B2: 0.32mg (18.67%), Vitamin B3: 3.28mg (16.38%), Vitamin B1: 0.24mg (16.31%), Vitamin B6: 0.32mg (16.05%), Potassium: 554.03mg (15.83%), Manganese: 0.31mg (15.36%), Selenium: 10.24µg (14.63%), Vitamin B5: 1.37mg (13.69%), Vitamin K: 13.96µg (13.29%), Fiber: 3.3g (13.2%), Copper: 0.23mg (11.74%), Phosphorus: 113.96mg (11.4%), Iron: 1.61mg (8.93%), Magnesium: 30.65mg (7.66%), Zinc: 0.75mg (5.03%), Calcium: 34.33mg (3.43%)