



Easy Vegetarian Shepherd's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz cauliflower
- 4.7 oz cheese mashed
- 2.8 ounces fried onions canned
- 6 oz mushrooms drained sliced
- 4 servings potatoes for on potato mix pouch

Equipment

- bowl
- sauce pan

oven

Directions

- Heat oven to 350F.
- 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

 **PROTEIN 14.57%**  **FAT 65.24%**  **CARBS 20.19%**

Properties

Glycemic Index:43.69, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:12.43130419047%

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: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 291.32kcal (14.57%), Fat: 21.35g (32.85%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 12.72g (4.63%), Sugar: 2.58g (2.87%), Cholesterol: 33.31mg (11.1%), Sodium: 410.86mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin C: 42.08mg (51.01%), Calcium: 255.61mg (25.56%), Phosphorus: 227.13mg (22.71%), Vitamin B2: 0.37mg (21.72%), Selenium: 13.9µg (19.85%), Folate: 62.86µg (15.72%), Vitamin B5: 1.34mg (13.44%), Vitamin K: 14µg (13.33%), Potassium: 419.38mg (11.98%), Vitamin B6: 0.23mg (11.33%), Zinc: 1.68mg (11.17%), Vitamin B3: 1.99mg (9.97%), Copper: 0.18mg (9.02%), Fiber: 2.15g (8.59%), Manganese: 0.16mg (7.83%), Vitamin A: 333.79IU (6.68%), Magnesium: 25.81mg (6.45%), Vitamin B12: 0.37µg (6.17%), Vitamin B1: 0.09mg (5.83%), Iron: 0.63mg (3.51%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.28µg (1.9%)