

# Elk Shepherd's Pie

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter melted
- 2 cups vegetables mixed frozen
- 0.3 teaspoon garlic powder
- 0.5 pound ground elk meat
- 0.5 cup half-and-half cream
- 0.3 teaspoon penzey's southwest seasoning italian
- 1 small onion chopped
- 1 parsnips diced peeled

- 4 large potatoes cubed peeled
- 8 servings salt and pepper to taste

## Equipment

- frying pan
- oven
- pot
- stove

## Directions

- Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two, then mash with salt, pepper, 2 tablespoons butter, and half-and-half; set aside.
- Preheat oven to 400 degrees F (200 degrees C).
- Meanwhile, stir together the elk meat, Italian seasoning, salt, and pepper in a skillet over medium-high heat until crumbly and no longer pink, about 5 minutes.
- Spread the cooked elk meat into a 9 inch pie plate and return the skillet to the stove over medium heat.
- Place the onion, parsnip, and garlic powder in the skillet, season to taste with salt and pepper, and cook until the turnip has softened, about 10 minutes. Stir in the mixed vegetables and cook an additional 5 minutes, then spread in the pie plate over the elk. Finally, spread the mashed potatoes evenly over the top, and brush the melted butter on the potatoes.
- Bake in preheated oven until the potatoes begin to turn golden brown, about 30 minutes.
- Serve hot.

## Nutrition Facts



**PROTEIN 17.63%** **FAT 19.86%** **CARBS 62.51%**

## Properties

Glycemic Index:33.47, Glycemic Load:27.04, Inflammation Score:-9, Nutrition Score:18.296086891838%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## Nutrients (% of daily need)

Calories: 270.81kcal (13.54%), Fat: 6.13g (9.43%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 36.41g (13.24%), Sugar: 3.37g (3.75%), Cholesterol: 27.77mg (9.26%), Sodium: 271.48mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Vitamin C: 45.16mg (54.74%), Vitamin A: 2412.69IU (48.25%), Vitamin B6: 0.72mg (36.05%), Potassium: 1072.25mg (30.64%), Fiber: 7.01g (28.05%), Manganese: 0.52mg (26.22%), Phosphorus: 218.85mg (21.89%), Vitamin B3: 4.07mg (20.34%), Vitamin B1: 0.27mg (17.68%), Magnesium: 67.88mg (16.97%), Zinc: 2.47mg (16.44%), Iron: 2.82mg (15.68%), Copper: 0.31mg (15.66%), Folate: 60.04µg (15.01%), Vitamin B2: 0.21mg (12.58%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.64µg (10.59%), Vitamin K: 8.61µg (8.2%), Calcium: 63.7mg (6.37%), Selenium: 3.92µg (5.6%), Vitamin E: 0.48mg (3.19%)