



English Cottage Pie

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter softened
- 8 ounce mushrooms thinly sliced
- 0.5 cup carrots chopped
- 1 pound ground beef
- 1 tablespoon flour all-purpose
- 0.3 cup parsley fresh chopped
- 1 tablespoon thyme leaves fresh
- 1 cup beef broth fat-free

- 1.5 cups onion chopped
- 3 cups potatoes leftover mashed
- 0.5 teaspoon salt
- 3 ounces sharp cheddar cheese shredded white divided reduced-fat
- 2 tablespoons tomato paste

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350
- Combine flour and butter; stir well.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion and carrot; saut 5 minutes.
- Add mushrooms; saut for 5 minutes or until lightly browned.
- Remove vegetables from skillet.
- Add beef to pan; cook 5 minutes or until browned, stirring to crumble. Stir in tomato paste, and cook 3 minutes. Stir in broth and pepper. Return vegetables to pan, and bring to a simmer. Stir in parsley, thyme, and salt.
- Add flour mixture, and cook for 1 minute or until thick, stirring constantly.
- Spoon meat mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray, spreading evenly.
- Combine the potatoes and half of cheese; spread the potato mixture evenly over meat mixture. Top with remaining cheese.
- Sprinkle with paprika, if desired.
- Bake at 350 for 20 minutes or until bubbly.

Nutrition Facts



■ PROTEIN 32.22% ■ FAT 32.11% ■ CARBS 35.67%

Properties

Glycemic Index:82.6, Glycemic Load:16.09, Inflammation Score:0, Nutrition Score:23.049130372379%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 301.38kcal (15.07%), Fat: 10.86g (16.71%), Saturated Fat: 5.71g (35.66%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 22.95g (8.35%), Sugar: 4.49g (4.99%), Cholesterol: 66.06mg (22.02%), Sodium: 485.55mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.02%), Vitamin A: 2333.03IU (46.66%), Vitamin K: 46.04µg (43.85%), Vitamin C: 31.43mg (38.1%), Vitamin B6: 0.74mg (36.83%), Vitamin B3: 7.08mg (35.39%), Zinc: 5.06mg (33.71%), Phosphorus: 331.45mg (33.15%), Selenium: 21.94µg (31.35%), Vitamin B12: 1.86µg (31.05%), Potassium: 1085.35mg (31.01%), Vitamin B2: 0.41mg (24.12%), Iron: 3.53mg (19.62%), Copper: 0.35mg (17.48%), Fiber: 4.19g (16.74%), Manganese: 0.31mg (15.7%), Vitamin B5: 1.53mg (15.3%), Magnesium: 59.12mg (14.78%), Calcium: 144.81mg (14.48%), Vitamin B1: 0.19mg (12.74%), Folate: 46.95µg (11.74%), Vitamin E: 0.71mg (4.76%), Vitamin D: 0.24µg (1.57%)