



Fast Shepherd's Pie

READY IN



30 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby carrots peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 1.5 tablespoons thyme sprigs fresh chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 6 lamb loin chops cut into bite-sized pieces

- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2 cups beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup peas frozen english
- ☐ 24 ounce potatoes frozen mashed (such as Ore Ida Steam n' Mash)
- ☐ 1 tablespoon tomato paste

Equipment

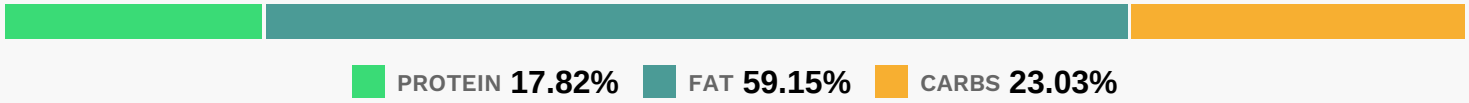
- ☐ frying pan
- ☐ casserole dish
- ☐ broiler
- ☐ microwave
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat broiler to high.
- ☐ Microwave potatoes according to package directions; stir in milk, butter, and 1/4 teaspoon salt.
- ☐ While potatoes cook, heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle lamb evenly with remaining 1/2 teaspoon salt and pepper.
- ☐ Add lamb to pan; saut 4 minutes, turning to brown on all sides.
- ☐ Remove lamb from pan with a slotted spoon.
- ☐ Add onion to pan, and saut for 4 minutes, stirring occasionally.
- ☐ While onion cooks, microwave carrots at HIGH for 1 1/2 minutes.
- ☐ Remove carrots from bag; slice diagonally into 1/2-inch pieces. Stir tomato paste into onions in pan; cook 1 minute, stirring frequently.

- ☐ Add wine; cook 2 minutes or until liquid almost evaporates, scraping pan to loosen browned bits.
- ☐ Add flour; cook 1 minute, stirring constantly. Gradually add broth, stirring constantly. Stir in sliced carrots, peas, and herbs. Bring to a boil; cook 4 minutes or until slightly thick, stirring occasionally.
- ☐ Remove from heat; stir in browned lamb.
- ☐ Spoon lamb mixture into a 2-quart broiler-safe ceramic casserole dish; top with mashed potato mixture. Broil 4 minutes or until lightly browned on top.

Nutrition Facts



Properties

Glycemic Index:67.01, Glycemic Load:17.65, Inflammation Score:-10, Nutrition Score:25.11130436607%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 571.27kcal (28.56%), Fat: 36.93g (56.82%), Saturated Fat: 16.34g (102.12%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 26.75g (9.73%), Sugar: 6.07g (6.74%), Cholesterol: 95.23mg (31.74%), Sodium: 592.43mg (25.76%), Alcohol: 1.4g (100%), Alcohol %: 0.41% (100%), Protein: 25.04g (50.08%), Vitamin A: 4359.21IU (87.18%), Vitamin B3: 9.48mg (47.42%), Vitamin C: 38.15mg (46.24%), Vitamin B12: 2.42µg (40.29%), Selenium: 24.06µg (34.37%), Potassium: 1115.81mg (31.88%), Phosphorus: 304.43mg (30.44%), Vitamin B6: 0.61mg (30.26%), Zinc: 3.75mg (24.99%), Vitamin B2: 0.39mg (22.7%), Manganese: 0.45mg (22.52%), Fiber: 5.62g (22.46%), Vitamin B1: 0.33mg (22.02%), Iron: 3.91mg (21.7%), Folate: 72.64µg (18.16%), Magnesium: 70.33mg (17.58%), Copper: 0.35mg (17.46%), Vitamin B5: 1.32mg (13.19%), Vitamin K: 13.27µg (12.64%), Calcium: 85.97mg (8.6%), Vitamin E: 0.82mg (5.46%)