



Garlic Shepherd's Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 2 cups baby carrots frozen (from 1-lb bag)
- ☐ 3 oz mushrooms sliced
- ☐ 2 cups canned tomatoes diced undrained (from 28-oz can)
- ☐ 12 oz gravy
- ☐ 2 tablespoons chili sauce
- ☐ 0.5 teaspoon basil dried

- ☐ 0.1 teaspoon pepper
- ☐ 4.7 oz roasted garlic mashed
- ☐ 1 serving potatoes for on potatoes pouch
- ☐ 2 teaspoons parmesan shredded

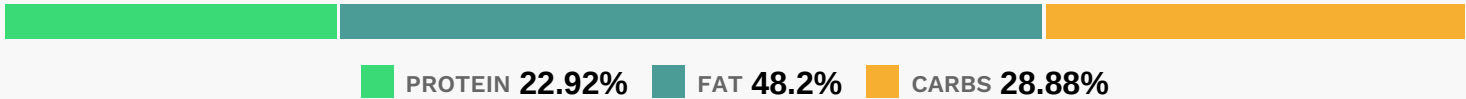
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 12-inch nonstick skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain well. Stir in frozen vegetables, mushrooms, tomatoes, gravy, chili sauce, basil and pepper.
- ☐ Heat to boiling. Reduce heat; cover and simmer about 10 minutes or until vegetables are tender.
- ☐ While beef mixture is simmering, make potatoes as directed on pouch, using water, milk and butter.
- ☐ Let stand 5 minutes.
- ☐ Spoon beef mixture into ungreased 8-inch square (2-quart) glass baking dish or 2-quart casserole. Spoon potatoes onto beef mixture around edges of dish.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered 25 to 30 minutes or until potatoes are firm and beef mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:20.677826308686%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 304.46kcal (15.22%), Fat: 16.64g (25.6%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 18.66g (6.79%), Sugar: 8.28g (9.2%), Cholesterol: 58.44mg (19.48%), Sodium: 527.53mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.61%), Vitamin A: 6096.89IU (121.94%), Vitamin B6: 0.73mg (36.31%), Manganese: 0.63mg (31.43%), Vitamin B12: 1.63µg (27.12%), Vitamin B3: 5.19mg (25.94%), Zinc: 3.83mg (25.52%), Selenium: 16.88µg (24.12%), Vitamin C: 17.58mg (21.31%), Phosphorus: 212.54mg (21.25%), Potassium: 717.44mg (20.5%), Iron: 3.49mg (19.41%), Copper: 0.36mg (18.11%), Vitamin B2: 0.26mg (15.29%), Fiber: 3.77g (15.08%), Vitamin B1: 0.17mg (11.51%), Vitamin B5: 1.14mg (11.39%), Vitamin K: 11.84µg (11.28%), Magnesium: 42.86mg (10.72%), Calcium: 105.39mg (10.54%), Vitamin E: 1.45mg (9.64%), Folate: 33.67µg (8.42%)