



Ghostly Shepherd's Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion coarsely chopped
- 12 oz savory vegetable mixed frozen
- 14.5 oz canned tomatoes diced italian with herbs, undrained organic canned
- 12 oz gravy
- 2.7 cups water
- 0.3 cup butter
- 0.3 teaspoon garlic powder

- 0.7 cup milk
- 2 cups potatoes dry mashed ()

Equipment

- frying pan
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 375°F. In 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Set 12 peas (from frozen vegetables) aside for garnish.
- Add remaining frozen vegetables, tomatoes and gravy to beef mixture.
- Heat to boiling. Reduce heat to medium-low. Cover and cook 8 to 10 minutes, stirring occasionally, until vegetables are crisp-tender.
- Meanwhile, in 2-quart saucepan, heat water, butter and garlic powder to boiling.
- Remove from heat; add milk. Stir in dry potatoes; blend well.
- Spoon beef mixture into ungreased 8-inch square (2-quart) or oval (2 1/2-quart) glass baking dish. With large spoon, make 6 mounds of potato mixture on top of beef mixture to look like ghosts.
- Place 2 reserved peas on each mound to look like eyes.
- Bake 20 to 25 minutes or until potatoes are set and mixture is hot.

Nutrition Facts



PROTEIN 18.32% **FAT 53.1%** **CARBS 28.58%**

Properties

Glycemic Index:39.46, Glycemic Load:13.53, Inflammation Score:-9, Nutrition Score:19.919130273487%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 417.96kcal (20.9%), Fat: 25.12g (38.65%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 25.08g (9.12%), Sugar: 6.39g (7.1%), Cholesterol: 61.46mg (20.49%), Sodium: 536.98mg (23.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 19.51g (39.01%), Vitamin A: 3410.39IU (68.21%), Vitamin C: 27mg (32.72%), Vitamin B6: 0.64mg (32.17%), Vitamin B12: 1.77µg (29.56%), Vitamin B3: 5.53mg (27.64%), Zinc: 3.95mg (26.34%), Potassium: 885.35mg (25.3%), Phosphorus: 248.66mg (24.87%), Fiber: 5.35g (21.39%), Manganese: 0.4mg (19.89%), Iron: 3.48mg (19.32%), Selenium: 12.8µg (18.28%), Copper: 0.32mg (16.14%), Magnesium: 62.28mg (15.57%), Vitamin B1: 0.23mg (15.46%), Vitamin B2: 0.26mg (15.46%), Folate: 44.53µg (11.13%), Calcium: 101.98mg (10.2%), Vitamin B5: 1mg (9.96%), Vitamin E: 1.48mg (9.89%), Vitamin K: 6.46µg (6.15%), Vitamin D: 0.37µg (2.49%)