



Greek-Style Shepherd's Meat and Potato Cups

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef lean
- 0.3 cup breadcrumbs plain
- 1 garlic clove minced
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 1 eggs
- 1.3 cups potatoes plain dry mashed ()
- 1 serving water
- 1 serving milk

- 1 serving butter
- 1 serving salt
- 0.3 cup alouette garlic & herbs spreadable cheese crumbled
- 0.3 cup kalamata olives pitted sliced
- 0.3 cup tomatoes seeded chopped
- 0.3 cup spring onion finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- muffin liners
- muffin tray

Directions

- Heat oven to 375°F. In large bowl, combine ground beef, bread crumbs, garlic, oregano, 1/2 teaspoon salt and egg; mix well. Divide mixture evenly into 8 ungreased muffin cups. Pat in bottom and up sides of each cup to form crust.
- In medium saucepan, prepare potatoes as directed on package using water, milk, margarine and salt.
- Add feta cheese; stir gently to mix. Fill beef-lined cups with potato mixture.
- Place cookie sheet on oven rack below muffin pan in case of spillover.
- Bake at 375°F. for 15 to 20 minutes or until beef is thoroughly cooked.
- Remove cups from pan; place on individual serving plates.
- Sprinkle with olives, tomato and onions.

Nutrition Facts



■ PROTEIN 30.09% ■ FAT 43.51% ■ CARBS 26.4%

Properties

Glycemic Index:35.75, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:21.018695623978%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 418.81kcal (20.94%), Fat: 20.26g (31.17%), Saturated Fat: 8.66g (54.11%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 25.12g (9.14%), Sugar: 4.63g (5.14%), Cholesterol: 139.02mg (46.34%), Sodium: 838.68mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Vitamin B12: 2.99µg (49.91%), Zinc: 6.48mg (43.21%), Selenium: 28.92µg (41.31%), Vitamin B3: 8.17mg (40.83%), Phosphorus: 358.69mg (35.87%), Vitamin B6: 0.69mg (34.51%), Vitamin B1: 0.36mg (24.07%), Vitamin C: 19.33mg (23.43%), Potassium: 794.12mg (22.69%), Vitamin B2: 0.38mg (22.3%), Iron: 3.84mg (21.33%), Vitamin K: 19.94µg (18.99%), Vitamin B5: 1.61mg (16.08%), Magnesium: 55.79mg (13.95%), Calcium: 133.12mg (13.31%), Fiber: 2.53g (10.14%), Vitamin A: 504.14IU (10.08%), Copper: 0.19mg (9.32%), Manganese: 0.17mg (8.68%), Folate: 34.7µg (8.68%), Vitamin E: 1.21mg (8.04%), Vitamin D: 1µg (6.7%)