



Greek-Style Shepherd's Meat and Potato Cups

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs plain
- 1 eggs
- 0.3 cup alouette garlic & herbs spreadable cheese crumbled
- 1 garlic clove minced
- 0.3 cup spring onion finely chopped
- 0.3 cup kalamata olives pitted sliced
- 1 lb ground beef lean
- 4 servings butter
- 1.3 cups potatoes plain dry mashed ()

- 4 servings milk
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 4 servings salt
- 0.3 cup tomatoes seeded chopped
- 4 servings water

Equipment

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

Directions

- Heat oven to 375F. 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 375F. 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 24.8% ■ FAT 51.27% ■ CARBS 23.93%

Properties

Glycemic Index:35.75, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:27.558695751688%

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: 604.1kcal (30.21%), Fat: 34.57g (53.18%), Saturated Fat: 13.82g (86.34%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 33.76g (12.28%), Sugar: 13.43g (14.92%), Cholesterol: 160.98mg (53.66%), Sodium: 1161.45mg (50.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.23%), Vitamin B12: 3.99µg (66.55%), Phosphorus: 545.94mg (54.59%), Zinc: 7.25mg (48.33%), Selenium: 32.39µg (46.28%), Vitamin B3: 8.36mg (41.8%), Vitamin B6: 0.8mg (40.14%), Vitamin B2: 0.64mg (37.39%), Calcium: 366.77mg (36.68%), Vitamin B1: 0.46mg (30.97%), Potassium: 1073.06mg (30.66%), Vitamin A: 1176.19IU (23.52%), Vitamin C: 19.35mg (23.45%), Vitamin B5: 2.3mg (22.99%), Iron: 3.84mg (21.34%), Vitamin D: 3.02µg (20.12%), Magnesium: 79.84mg (19.96%), Vitamin K: 20.49µg (19.51%), Copper: 0.22mg (10.84%), Vitamin E: 1.62mg (10.82%), Fiber: 2.53g (10.14%), Manganese: 0.18mg (9.07%), Folate: 34.81µg (8.7%)