

## Hache Parmentier

READY IN



75 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup gravy
- ☐ 2 cups beef stew leftover chopped
- ☐ 0.5 cup bread crumbs fresh
- ☐ 2 tablespoons butter cut into pieces
- ☐ 2 tablespoons horseradish freshly grated
- ☐ 0.3 cup parmesan grated
- ☐ 3 cups potatoes mashed
- ☐ 2 cups vegetables cooked chopped
- ☐ 6 servings salt and pepper black freshly ground

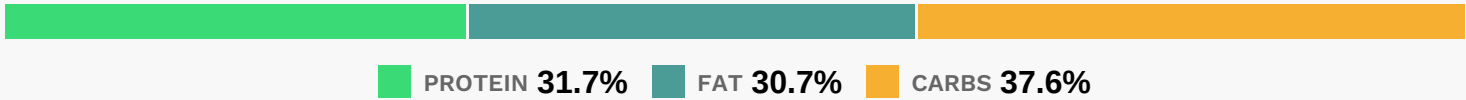
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ glass baking pan
- ☐ pie form

# Directions

- ☐ Preheat the oven with 350 degrees F.
- ☐ Combine the meat, gravy, and vegetables in a large saute pan and cook over medium heat just until everything is heated through. Season with salt and pepper.
- ☐ Pour the heated mixture into a large glass pie plate or a round glass baking dish.
- ☐ Add the horseradish to the heated potatoes.
- ☐ Spread the mashed potatoes over the meat mixture, smoothing with a spatula and spreading to the edges of the pie dish.
- ☐ Sprinkle the top with the bread crumbs and the Parmesan. Dot the top with butter.
- ☐ Bake for 45 minutes on the top shelf of the oven. Raise the oven temperature to broil and broil just until the crumbs are browned, about 1 minute.
- ☐ Serve.

# Nutrition Facts



# Properties

Glycemic Index:43.29, Glycemic Load:13.7, Inflammation Score:-7, Nutrition Score:21.491304415724%

# Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 289kcal (14.45%), Fat: 9.81g (15.09%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 23.94g (8.7%), Sugar: 2.28g (2.53%), Cholesterol: 65.7mg (21.9%), Sodium: 363.95mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.58%), Vitamin K: 103.76µg (98.82%), Vitamin B6: 0.73mg (36.3%), Zinc: 4.96mg (33.08%), Selenium: 23.14µg (33.06%), Vitamin C: 25.53mg (30.95%), Vitamin B3: 5.9mg (29.51%), Vitamin B12: 1.75µg (29.22%), Phosphorus: 270.48mg (27.05%), Potassium: 785.58mg (22.45%), Vitamin A: 885.83IU (17.72%), Iron: 3.13mg (17.38%), Manganese: 0.32mg (15.95%), Vitamin B1: 0.24mg (15.93%), Magnesium: 59.33mg (14.83%), Vitamin B2: 0.23mg (13.53%), Fiber: 3.1g (12.39%), Copper: 0.24mg (11.76%), Folate: 41.66µg (10.42%), Calcium: 100.72mg (10.07%), Vitamin B5: 0.93mg (9.27%), Vitamin E: 0.59mg (3.95%)