



## Harvest Vegetable Shepherd's Pie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups butternut squash cubed peeled
- 2 cups carrots diced
- 1 cup celery sliced
- 1 teaspoon gingerroot grated peeled
- 1 tablespoon blackstrap molasses
- 1 cup mushrooms quartered
- 1 tablespoon olive oil
- 1 cup onion diced

- 1 cup parsnips diced peeled
- 2 tablespoons pecans chopped
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 2 pounds sweet potatoes ( 4 large)
- 1 cup turnip diced peeled
- 29 ounce vegetable broth canned

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

## Directions

- Place sweet potatoes on a baking sheet, and bake at 375 for 50 minutes or until very tender.
- Let cool, and peel.
- Combine sweet potatoes, molasses, gingerroot, salt, and pepper in a bowl; beat at medium speed of a mixer until smooth. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add squash and next 6 ingredients (squash through onion); saut 8 minutes.
- Add broth; bring to a simmer, and cook 20 minutes, stirring occasionally.
- Spoon squash mixture into a 3-quart casserole.
- Spread sweet potato mixture evenly over squash mixture.
- Bake at 375 for 35 minutes; sprinkle with pecans, and bake an additional 15 minutes.

## Nutrition Facts



■ PROTEIN 7.01% ■ FAT 16.55% ■ CARBS 76.44%

## Properties

Glycemic Index:77.81, Glycemic Load:21.27, Inflammation Score:-10, Nutrition Score:21.505652191846%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 268.41kcal (13.42%), Fat: 5.16g (7.95%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 44.31g (16.11%), Sugar: 16.72g (18.58%), Cholesterol: 0mg (0%), Sodium: 889.75mg (38.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin A: 33909.24IU (678.18%), Manganese: 0.97mg (48.53%), Fiber: 9.37g (37.48%), Vitamin C: 27.15mg (32.91%), Potassium: 1133.31mg (32.38%), Vitamin B6: 0.58mg (28.87%), Copper: 0.45mg (22.58%), Magnesium: 85.95mg (21.49%), Vitamin B5: 2.06mg (20.6%), Vitamin K: 20.57µg (19.59%), Vitamin B1: 0.27mg (18.25%), Folate: 70.07µg (17.52%), Phosphorus: 159.03mg (15.9%), Vitamin E: 2.12mg (14.14%), Vitamin B3: 2.8mg (14%), Vitamin B2: 0.23mg (13.51%), Calcium: 119.4mg (11.94%), Iron: 2.01mg (11.16%), Zinc: 1.13mg (7.53%), Selenium: 4.15µg (5.93%)