



## Holiday Shepherd's Pie

READY IN



35 min.

SERVINGS



6

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter divided
- 2 cups coarsely day-old cornbread sweet crumbled (savory not )
- 3 cups prechopped onion fresh
- 1.5 lb potatoes refrigerated with simply potatoes) mashed
- 0.5 teaspoon salt
- 3 cups turkey cooked chopped
- 1 cup campbell's turkey gravy with heinz)
- 1 cup whole-berry cranberry sauce

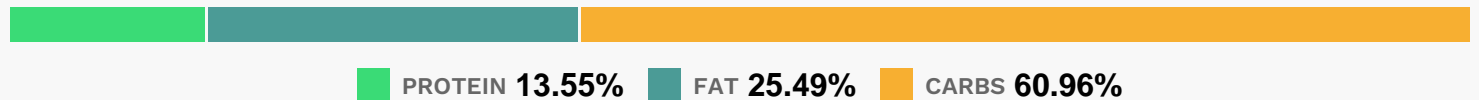
## Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave

## Directions

- Melt 2 Tbsp. butter in a large skillet over medium-high heat; add onion, bell pepper, and celery blend, and saut 8 minutes or until tender.
- Combine sauted vegetables, cornbread, turkey, and next 3 ingredients in a large bowl. Toss gently. Spoon mixture into a lightly greased 11" x 7" baking dish. Cover to keep warm.
- Meanwhile, heat potatoes in microwave according to package directions. Stir in remaining 1 Tbsp. butter.
- Spread 1 cup cranberry sauce over turkey mixture. Top with potatoes.
- Bake, uncovered, at 375 for 15 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:32.13, Glycemic Load:16.17, Inflammation Score:-7, Nutrition Score:19.046956280003%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 18.15mg, Quercetin: 18.15mg, Quercetin: 18.15mg, Quercetin: 18.15mg

## Nutrients (% of daily need)

Calories: 590.97kcal (29.55%), Fat: 16.96g (26.09%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 91.23g (30.41%), Net Carbohydrates: 85g (30.91%), Sugar: 32.43g (36.04%), Cholesterol: 95.79mg (31.93%), Sodium: 959.37mg (41.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.57%), Phosphorus: 490.95mg (49.1%), Vitamin B6: 0.8mg (40.12%), Vitamin C: 28.81mg (34.92%), Vitamin B3: 6.71mg (33.55%), Selenium: 18.45µg (26.36%), Manganese: 0.51mg (25.37%), Fiber: 6.22g (24.9%), Potassium: 827.42mg (23.64%), Vitamin B1: 0.31mg (20.58%), Folate: 80.9µg (20.23%), Vitamin B2: 0.3mg (17.67%), Iron: 3.15mg (17.5%), Magnesium: 61.28mg (15.32%), Calcium: 147.88mg (14.79%), Vitamin B12: 0.8µg (13.33%), Copper: 0.26mg (13.2%), Vitamin B5: 1.3mg (13.05%), Zinc: 1.9mg (12.67%), Vitamin A: 358.05IU (7.16%), Vitamin E: 1.07mg (7.15%), Vitamin K: 6.81µg (6.48%)