



## Italian-Style Shepherd's Pie

 **Gluten Free**  **Very Healthy**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**259 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb sirloin beef tips boneless trimmed of fat cut into 1-inch cubes
- 1 cup onion sliced (1 medium)
- 1 cup carrots sliced
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 1.5 cups mushrooms fresh sliced
- 14 oz pasta sauce (any variety) ()
- 4.7 oz roasted garlic mashed

- 1 serving potatoes for on potato mix pouch
- 2 tablespoons parmesan fresh shredded

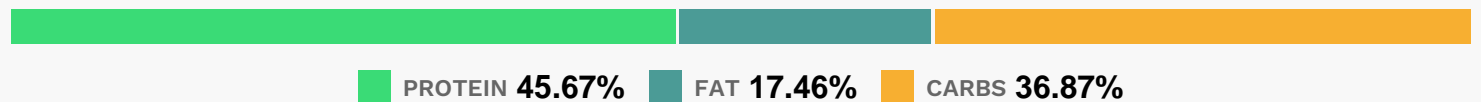
## Equipment

- frying pan
- oven
- glass baking pan

## Directions

- Heat oven to 375°F. Spray 2-quart casserole or 11x7-inch glass baking dish with cooking spray.
- Heat 12-inch nonstick skillet over medium-high heat.
- Add beef, onion and carrots to skillet; sprinkle with seasoned salt and pepper. Cook 3 to 5 minutes, stirring frequently, until beef is brown.
- Stir in mushrooms and pasta sauce.
- Heat to boiling. Cook over medium heat 5 minutes, stirring occasionally.
- Spread in casserole.
- Make potatoes as directed on pouch using water, milk and butter. Spoon into 8 mounds around edge of hot beef mixture.
- Sprinkle cheese over all.
- Bake uncovered 25 to 30 minutes or until bubbly and potatoes are light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:80.9, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:28.966521618159%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin:

8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

## Nutrients (% of daily need)

Calories: 259.14kcal (12.96%), Fat: 5.15g (7.93%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 20.31g (7.39%), Sugar: 7.81g (8.68%), Cholesterol: 64.07mg (21.36%), Sodium: 898.01mg (39.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Vitamin A: 5799.57IU (115.99%), Vitamin B6: 1.36mg (67.77%), Selenium: 42.13µg (60.19%), Vitamin B3: 10.1mg (50.49%), Manganese: 0.81mg (40.49%), Phosphorus: 379.4mg (37.94%), Zinc: 5.69mg (37.94%), Potassium: 1090.77mg (31.16%), Vitamin C: 22.99mg (27.87%), Vitamin B2: 0.44mg (25.77%), Vitamin B12: 1.46µg (24.36%), Copper: 0.47mg (23.56%), Iron: 3.93mg (21.86%), Vitamin B5: 1.91mg (19.07%), Vitamin B1: 0.26mg (17.35%), Fiber: 4.16g (16.64%), Magnesium: 61.75mg (15.44%), Calcium: 148.07mg (14.81%), Vitamin E: 1.99mg (13.28%), Folate: 43.57µg (10.89%), Vitamin K: 9.23µg (8.79%)