



 **53%**
HEALTH SCORE

Lamb and Sweet Potato Shepherd's Pies

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces baby spinach
- 2 carrots cut into 1/2-inch dice
- 1.5 tablespoons flour all-purpose
- 4 garlic cloves minced
- 1.5 ounces goat cheese soft
- 0.5 teaspoon ground allspice
- 1.3 teaspoons ground cumin
- 2 pounds lamb shoulder boneless cut into 1/2-inch pieces
- 0.5 cup milk

- 3 tablespoons olive oil extra-virgin
- 1 medium onion finely chopped
- 1.3 teaspoons paprika hot
- 4 servings salt and pepper freshly ground
- 2 pounds sweet potatoes peeled
- 0.3 teaspoon turmeric
- 1 tablespoon butter unsalted
- 3.5 cups water

Equipment

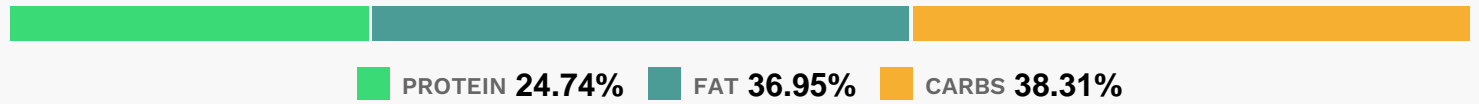
- bowl
- sauce pan
- oven
- broiler

Directions

- In a large enameled cast-iron casserole, heat 2 tablespoons of the olive oil until shimmering. Working in batches if necessary, add the lamb and season with salt and pepper. Cook over moderately high heat until browned all over, about 6 minutes.
- Transfer the lamb to a shallow bowl.
- Add the garlic, onion and the remaining 1 tablespoon of olive oil to the casserole and cook over moderate heat until softened.
- Add the carrots and spices and cook, stirring, until fragrant, about 2 minutes. Stir in the flour and add the lamb and water. Bring to a boil, stirring to scrape up any browned bits from the bottom of the casserole. Reduce the heat to low and simmer uncovered, stirring occasionally, until the lamb is tender and the sauce is thickened, about 1 1/2 hours. Raise the heat to moderately high and stir in the spinach until wilted. Season with salt and pepper. Spoon the lamb stew into 4 shallow 2 1/2-cup glass or ceramic baking dishes.
- Meanwhile, preheat the oven to 42
- In a medium saucepan, mash and stir the sweet potatoes over high heat until warmed through. Mash in the goat cheese, milk and butter and season with salt and pepper.

- Spread the mashed sweet potatoes over the lamb stew and bake for about 10 minutes, or until hot and bubbling at the edges. Preheat the broiler. Broil the topping 4 inches from the heat until golden, about 1 minute.
- Serve at once.

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:26.58, Inflammation Score:-10, Nutrition Score:40.766521992891%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 596.24kcal (29.81%), Fat: 24.58g (37.81%), Saturated Fat: 8.14g (50.86%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 48.24g (17.54%), Sugar: 13.87g (15.41%), Cholesterol: 107.52mg (35.84%), Sodium: 520mg (22.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.02g (74.04%), Vitamin A: 39829.29IU (796.59%), Vitamin K: 118.38µg (112.74%), Vitamin B12: 4.01µg (66.76%), Vitamin B3: 10.69mg (53.47%), Selenium: 36.55µg (52.22%), Manganese: 1.02mg (50.95%), Zinc: 7.21mg (48.06%), Phosphorus: 473.61mg (47.36%), Vitamin B6: 0.91mg (45.37%), Potassium: 1526.5mg (43.61%), Vitamin B2: 0.64mg (37.84%), Fiber: 9.1g (36.38%), Copper: 0.7mg (34.86%), Magnesium: 128.48mg (32.12%), Vitamin B5: 3.21mg (32.1%), Iron: 5.66mg (31.42%), Vitamin B1: 0.46mg (30.46%), Folate: 118.63µg (29.66%), Vitamin E: 3.38mg (22.54%), Vitamin C: 16.37mg (19.85%), Calcium: 197.28mg (19.73%), Vitamin D: 0.43µg (2.87%)