



Linda's Irish Shepherd's Pie

READY IN



70 min.

SERVINGS



4

CALORIES



905 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef consomme
- 2 tablespoons browning and seasoning sauce
- 1 tablespoon butter
- 1 ounce flour all-purpose
- 1 clove garlic chopped
- 2 tablespoons catsup
- 1 pound ground beef lean
- 1 ounce butter
- 0.5 cup milk

- 1 medium onion chopped
- 5 large potatoes cubed peeled
- 8 ounces cheddar cheese shredded

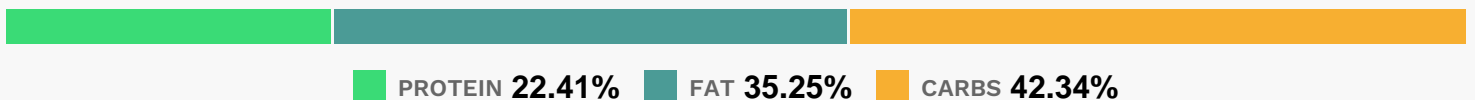
Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- Place the potatoes in a pot with enough water to cover. Bring to a boil and cook until tender.
- Drain and mash with desired amounts of milk and butter. Set aside.
- While the potatoes are cooking, crumble the ground beef into a large skillet over medium heat.
- Add onion and garlic; cook and stir until meat is no longer pink.
- Preheat the oven to 400 degrees F (200 degrees C). Melt the margarine in a small pan. Stir in the flour. Cook and stir over medium heat until dark brown, about 10 minutes.
- Let cool off the heat then gradually stir in the consomme, ketchup and browning sauce until smooth. Set over medium heat and simmer until thick.
- Stir the sauce into the ground beef and transfer to a casserole dish. Top with mashed potato, then sprinkle the cheese over the potato.
- Bake for 15 to 20 minutes in the preheated oven, until potatoes are toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:82.69, Glycemic Load:64.45, Inflammation Score:-9, Nutrition Score:44.158696091693%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

Nutrients (% of daily need)

Calories: 905.09kcal (45.25%), Fat: 35.25g (54.24%), Saturated Fat: 17.26g (107.9%), Carbohydrates: 95.28g (31.76%), Net Carbohydrates: 84.44g (30.7%), Sugar: 9.54g (10.6%), Cholesterol: 138.19mg (46.06%), Sodium: 1105.05mg (48.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.86%), Vitamin C: 93.46mg (113.28%), Vitamin B6: 1.93mg (96.65%), Phosphorus: 814.72mg (81.47%), Potassium: 2564.06mg (73.26%), Vitamin B3: 12.66mg (63.28%), Zinc: 9.44mg (62.91%), Selenium: 41.31µg (59.02%), Vitamin B12: 3.4µg (56.71%), Calcium: 523.97mg (52.4%), Fiber: 10.84g (43.38%), Manganese: 0.84mg (41.99%), Vitamin B2: 0.71mg (41.59%), Magnesium: 158.16mg (39.54%), Iron: 7.02mg (38.99%), Vitamin B1: 0.52mg (34.86%), Copper: 0.63mg (31.7%), Folate: 112.85µg (28.21%), Vitamin B5: 2.55mg (25.48%), Vitamin A: 1006.83IU (20.14%), Vitamin K: 11.17µg (10.64%), Vitamin E: 1.22mg (8.17%), Vitamin D: 0.79µg (5.26%)