



WHATSheATE



## Meatball Shepherd's Pie

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup cream cheese at room temperature
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 0.5 cup fat-skimmed beef broth
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 pounds ground beef lean (see notes)
- ☐ 2.5 oz parmesan cheese shredded
- ☐ 0.5 cup parsley finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 6 cups potatoes hot packed cooked peeled (see notes)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cooking sherry dry white dry

## Equipment

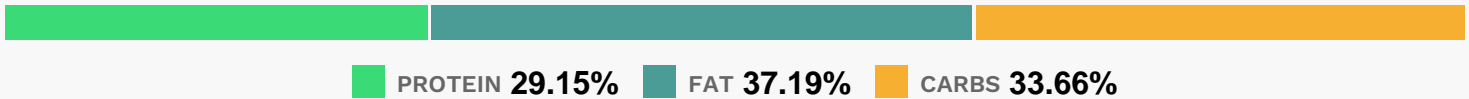
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ potato masher
- ☐ slotted spoon
- ☐ pastry bag

## Directions

- ☐ In a bowl, combine ground beef, parsley, mustard, flour, egg, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 1/2 cup beef broth. Blend well with a fork.
- ☐ In a 4- to 5-quart pan over high heat, bring brown onion gravy to a boil; add sherry and reduce heat to maintain a gentle simmer. Quickly shape beef mixture into 1-inch balls and drop into gravy. When all are in, cover and simmer until meatballs are no longer pink in the center (cut to test), 10 to 12 minutes. With a slotted spoon, transfer meatballs (some of the onions will come too) to a bowl.
- ☐ Boil gravy over high heat, stirring often, until reduced to about 2 cups, 10 to 15 minutes. Season to taste with salt and pepper.
- ☐ Remove from heat and return meatballs and any accumulated juice to gravy; mix gently.
- ☐ Meanwhile, in a large bowl, with a mixer or potato masher, mash potatoes with 2 to 3 tablespoons butter and the cream cheese until smooth. If desired, add just enough beef broth to moisten potatoes to be able to squeeze them through a pastry bag. Beat in the Gruyere cheese and add salt and pepper to taste.
- ☐ Butter a shallow 3 1/2- to 4-quart casserole.

- ☐ Spread two-thirds of the potato mixture evenly over bottom and up sides. Spoon meatball-gravy mixture into the center. Spoon remaining potato mixture decoratively around edge of meatball mixture, or spoon it into a pastry bag with a 1-inch star or round tip and pipe around the edge.
- ☐ Bake pie in a 400 oven until gravy is bubbling and potatoes are browned, 30 to 35 minutes.
- ☐ Brown onion gravy: Peel and finely chop 2 onions (8 oz. each). In a 4- to 5-quart pan over medium-high heat, stir onions in 2 tablespoons butter until richly browned, 13 to 15 minutes.
- ☐ Add 2 teaspoons sugar and stir for 2 minutes.
- ☐ Add 3 tablespoons all-purpose flour and stir until browned, 1 to 2 minutes.
- ☐ Remove from heat and stir in 3 cups fat-skimmed beef broth. Return to high heat and stir until boiling.

## Nutrition Facts



## Properties

Glycemic Index:62.29, Glycemic Load:28.78, Inflammation Score:-8, Nutrition Score:30.334782797357%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 506.26kcal (25.31%), Fat: 20.26g (31.17%), Saturated Fat: 11.05g (69.06%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 36.17g (13.15%), Sugar: 2.82g (3.13%), Cholesterol: 138.48mg (46.16%), Sodium: 707.94mg (30.78%), Alcohol: 2.06g (100%), Alcohol %: 0.62% (100%), Protein: 35.74g (71.48%), Vitamin K: 87.58µg (83.41%), Vitamin C: 48.04mg (58.23%), Vitamin B6: 1.12mg (56.08%), Phosphorus: 480.88mg (48.09%), Vitamin B12: 2.84µg (47.39%), Zinc: 7.04mg (46.96%), Vitamin B3: 8.87mg (44.35%), Selenium: 30.24µg (43.21%), Potassium: 1383.81mg (39.54%), Iron: 5.2mg (28.87%), Vitamin B2: 0.4mg (23.52%), Magnesium: 89.03mg (22.26%), Calcium: 212.87mg (21.29%), Manganese: 0.42mg (21.1%), Fiber: 5.09g (20.35%), Vitamin A: 937.33IU (18.75%), Vitamin B1: 0.26mg (17.52%), Copper: 0.35mg (17.39%), Vitamin B5: 1.72mg (17.23%), Folate: 58.78µg (14.7%), Vitamin E: 0.78mg (5.2%),

Vitamin D: 0.34µg (2.26%)