



Mesquite-Crusted Shepherd's Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tomato sauce canned
- 1 cup four cheese shredded mexican style kraft finely
- 1.5 cups vegetables mixed frozen thawed (carrots, corn, green beans, peas)
- 2 cloves garlic minced
- 1.5 lb ground beef lean
- 0.5 cup onions chopped
- 3 cups warm potatoes mashed
- 1 Tbsp a.1. rub mesquite bbq sweet dry

1 pkt. shake & bake seasoned panko seasoned coating mix

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Brown meat with onions and garlic in large skillet; drain. Return meat mixture to skillet.

Combine cheese, coating mix and Dry Rub.

Add half the cheese mixture to meat mixture along with the mixed vegetables and tomato sauce; stir. Cook 5 min. or until heated through, stirring frequently.

Spoon into 2-qt. casserole sprayed with cooking spray; cover with potatoes. Top with remaining cheese mixture.

Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:16.51, Inflammation Score:-9, Nutrition Score:24.958695401316%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 360.11kcal (18.01%), Fat: 12.59g (19.36%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 23.93g (8.7%), Sugar: 2.82g (3.14%), Cholesterol: 89.14mg (29.71%), Sodium: 470.35mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.06%), Vitamin A: 2682.87IU (53.66%), Zinc: 7.11mg (47.41%), Vitamin B12: 2.74µg (45.66%), Vitamin B6: 0.89mg (44.26%), Vitamin B3: 8.33mg (41.67%), Phosphorus: 414.22mg (41.42%), Selenium: 26.04µg (37.2%), Vitamin C: 29.44mg (35.69%), Potassium: 1085.68mg (31.02%), Iron: 4.62mg (25.69%), Vitamin B2: 0.37mg (21.67%), Manganese: 0.41mg (20.26%), Fiber: 5.02g

(20.08%), Magnesium: 73.85mg (18.46%), Calcium: 184.18mg (18.42%), Copper: 0.31mg (15.33%), Vitamin B1: 0.21mg (14.03%), Vitamin B5: 1.33mg (13.3%), Folate: 46.51µg (11.63%), Vitamin K: 9.29µg (8.84%), Vitamin E: 1.03mg (6.84%), Vitamin D: 0.23µg (1.51%)