



Mexican Shepherd's Pie

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 93% lean (at least)
- 0.5 cup spring onion sliced
- 1 cup salsa thick
- 1.5 teaspoons chili powder
- 0.8 teaspoon cumin
- 11 oz corn drained canned
- 4.7 oz potatoes mashed
- 1 serving potatoes for on potatoes pouch

- 2 oz cheddar cheese shredded
- 1 medium tomatoes sliced into thin wedges
- 1 serving tortilla chips

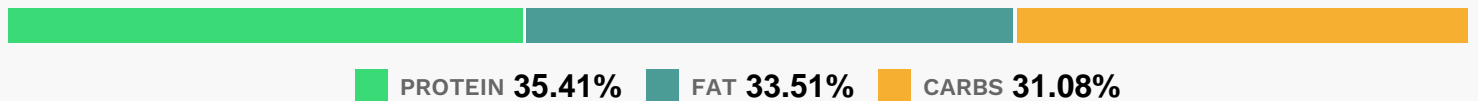
Equipment

- frying pan

Directions

- In 10-inch skillet, cook ground beef and 1/4 cup of the green onions over medium-high heat 5 to 7 minutes, stirring occasionally until beef is thoroughly cooked; drain. Stir in salsa, chili powder and cumin. Spoon corn evenly over beef mixture in skillet. Cover and cook over low heat until mixture is thoroughly heated.
- Meanwhile, make potatoes as directed on pouch, using water, milk and butter.
- Spoon potatoes over corn in skillet; spread evenly.
- Sprinkle with cheese and remaining 1/4 cup green onions. Cover; cook over low heat about 5 minutes or until cheese is melted. Arrange tomato wedges in spoke fashion over potatoes.
- Garnish with tortilla chips around outside edge of skillet.

Nutrition Facts



Properties

Glycemic Index:67.38, Glycemic Load:4.9, Inflammation Score:-7, Nutrition Score:22.054347717244%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 361.67kcal (18.08%), Fat: 13.48g (20.74%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 24.86g (9.04%), Sugar: 4g (4.45%), Cholesterol: 84.48mg (28.16%), Sodium: 762.46mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Zinc: 6.99mg (46.57%), Vitamin B12: 2.69µg (44.84%), Vitamin B3: 8.34mg (41.69%), Phosphorus: 393.22mg (39.32%), Vitamin B6: 0.73mg (36.49%),

Selenium: 24.98µg (35.69%), Vitamin K: 34.63µg (32.98%), Potassium: 944.14mg (26.98%), Iron: 4.18mg (23.23%), Vitamin A: 1062.82IU (21.26%), Vitamin C: 15.77mg (19.11%), Vitamin B2: 0.32mg (18.67%), Magnesium: 69.07mg (17.27%), Calcium: 159.67mg (15.97%), Vitamin E: 2mg (13.34%), Folate: 52.93µg (13.23%), Fiber: 3.28g (13.12%), Manganese: 0.26mg (13.08%), Copper: 0.24mg (12.04%), Vitamin B5: 1.14mg (11.44%), Vitamin B1: 0.14mg (9.61%), Vitamin D: 0.2µg (1.32%)