



Moroccan Shepherd's Pie



Gluten Free



Dairy Free

READY IN



84 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 1 teaspoon ground cumin divided
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 teaspoon turmeric
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 pound lamb shoulder bone-in trimmed cut into 1/2-inch pieces
- ☐ 1.5 cups beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 cup peas green frozen
- ☐ 0.3 cup pimiento stuffed olives green sliced
- ☐ 0.3 cup raisins
- ☐ 4 cups sweet potatoes and into peeled chopped
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup water

Equipment

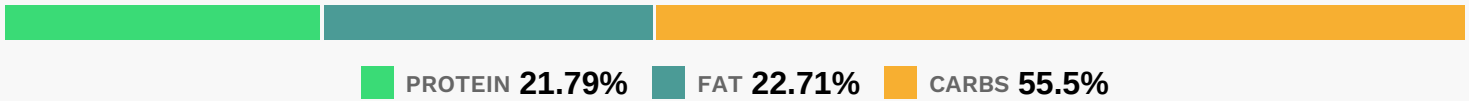
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan, and swirl to coat.
- ☐ Sprinkle lamb evenly with 1/2 teaspoon ground cumin and 1/4 teaspoon salt.
- ☐ Add lamb to pan, and saut for 4 minutes, turning to brown on all sides.
- ☐ Remove lamb from pan.
- ☐ Add onion to pan; saut 3 minutes, stirring occasionally.

- ☐ Add garlic; saut for 30 seconds, stirring constantly. Stir in tomato paste, and saut 30 seconds, stirring frequently.
- ☐ Add chicken broth and 1/2 cup water to pan, and bring to a boil, scraping pan to loosen browned bits. Return lamb to pan. Stir in the remaining 1/2 teaspoon ground cumin, olives, raisins, honey, ground red pepper, and ground turmeric. Stir in 1/8 teaspoon ground cinnamon. Reduce heat, and simmer for 30 minutes, stirring occasionally.
- ☐ Remove from heat; stir in peas.
- ☐ Cook potato in a large saucepan of boiling water 10 minutes or until tender; drain. Cool for 5 minutes.
- ☐ Place potato in a bowl.
- ☐ Sprinkle potato with remaining 1/4 teaspoon salt and the remaining 3/8 teaspoon ground cinnamon. Beat potato with a mixer at high speed until smooth.
- ☐ Add egg, and beat until combined. Spoon the lamb mixture into 4 (10-ounce) ramekins; spread potato mixture evenly over lamb mixture.
- ☐ Place ramekins on a baking sheet; bake at 350 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:90.6, Glycemic Load:26.03, Inflammation Score:-10, Nutrition Score:26.710869742476%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 411.96kcal (20.6%), Fat: 10.67g (16.41%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 49.84g (18.12%), Sugar: 19.45g (21.61%), Cholesterol: 92.22mg (30.74%), Sodium: 814.04mg (35.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Vitamin A: 19431.32IU (388.63%), Manganese: 0.77mg (38.43%), Fiber: 8.8g (35.19%), Potassium: 1207.31mg (34.49%), Vitamin B12: 2.02µg (33.65%), Selenium: 22.76µg (32.52%), Vitamin B6: 0.63mg (31.26%), Vitamin B3: 6.24mg (31.18%), Vitamin C: 24.92mg

(30.21%), Phosphorus: 298.25mg (29.83%), Zinc: 4.23mg (28.2%), Vitamin B2: 0.41mg (23.95%), Copper: 0.47mg (23.45%), Vitamin B1: 0.35mg (23.13%), Iron: 3.96mg (22%), Magnesium: 80.98mg (20.24%), Vitamin B5: 1.92mg (19.21%), Folate: 74.47µg (18.62%), Vitamin K: 14.76µg (14.05%), Vitamin E: 1.9mg (12.68%), Calcium: 103.93mg (10.39%), Vitamin D: 0.25µg (1.67%)